

group exercise programme

Waterworld Leisure & Activity Centre

Accurate as of 02/05/2024

Times for Monday 22 April



Time	Session	Facility	Level
6:40 am - 7:10 am	Cyswllt Beicio Freedom / Freedom Cycling Connect	Stiwdio MyRide--MyRide Studio	all levels
7:15 am - 7:45 am	HIIT / HIIT	Stiwdio--Studio	all levels
8:45 am - 9:30 am	Erogeg yn y D_r / Aqua Aerobics	Pwll Achlysuron AM YN AIL--Function pool WILL ALTERNATE	all levels
9:30 am - 10:15 am	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
9:45 am - 10:45 am	Les Mills BodyPump / Les Mills BodyPump	Stiwdio--Studio	all levels
11:00 am - 11:45 am	Les Mills BodyBalance / Les Mills BodyBalance	Stiwdio--Studio	all levels
12:15 pm - 1:00 pm	Les Mills Body Attack/ Les Mills Body Attack	Stiwdio--Studio	all levels
12:30 pm - 1:00 pm	Stiwdio MyRide / MyRide Studio	Stiwdio MyRide--MyRide Studio	all levels
1:30 pm - 2:15 pm	60+ Erogeg yn y D_r / 60+ Aqua Aerobics	Pwll Achlysuron AM YN AIL--Function pool WILL ALTERNATE	60+
2:15 pm - 3:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
5:15 pm - 6:00 pm	Les Mills BodyCombat / Les Mills BodyCombat	Stiwdio--Studio	all levels
6:00 pm - 6:45 pm	Seiclo dan do / Indoor Cycling	Stiwdio MyRide--MyRide Studio	all levels
6:15 pm - 7:00 pm	Les Mills Body Attack/ Les Mills Body Attack	Stiwdio--Studio	all levels
6:30 pm - 7:00 pm	Hyfforddiant Omnia / Omnia Train	Campfa--Gym	all levels

Time	Session	Facility	Level
7:15 pm - 8:00 pm	Les Mills BodyPump / Les Mills BodyPump	Stiwdio--Studio	all levels
7:15 pm - 8:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
7:30 pm - 8:15 pm	Erobeg yn y D_r / Aqua Aerobics	Pwll Achlysuron AM YN AIL--Function pool WILL ALTERNATE	all levels