

# group exercise programme

## Waterworld Leisure & Activity Centre

Accurate as of 02/05/2024

### Times for Tuesday 23 April



Time	Session	Facility	Level
6:40 am - 7:10 am	Seiclo dan do / Indoor Cycling	Stiwdio MyRide--MyRide Studio	all levels
7:15 am - 7:45 am	Omnia HIIT	Campfa--Gym	all levels
9:30 am - 10:15 am	Stiwdio MyRide / MyRide Studio	Stiwdio MyRide--MyRide Studio	all levels
9:30 am - 10:15 am	Les Mills BodyBalance / Les Mills BodyBalance	Stiwdio--Studio	all levels
10:20 am - 11:05 am	Les Mills BodyCombat / Les Mills BodyCombat	Stiwdio--Studio	all levels
11:15 am - 12:00 pm	Coesau, Penolau a Boliau / Legs, Bums and Tums	Stiwdio--Studio	all levels
12:15 pm - 1:00 pm	Zumba / Zumba	Stiwdio--Studio	all levels
12:30 pm - 1:00 pm	Taith MyRide / MyRide Tour	Stiwdio MyRide--MyRide Studio	all levels
2:15 pm - 3:00 pm	Stiwdio MyRide / MyRide Studio	Stiwdio MyRide--MyRide Studio	all levels
2:30 pm - 3:15 pm	Atal Cwypmiadau / Falls Prevention	Stiwdio--Studio	60+
2:45 pm - 3:45 pm	Hyfforddiant Omnia / Omnia Train	Campfa--Gym	50+
5:15 pm - 6:00 pm	Les Mills Body Attack/ Les Mills Body Attack	Stiwdio--Studio	all levels
6:00 pm - 6:55 pm	Seiclo Dan Do a Hyfforddi yn ol Lliw / Coach by Colour Indoor Cycling	Stiwdio MyRide--MyRide Studio	all levels
6:15 pm - 7:00 pm	Coesau, Penolau a Boliau / Legs, Bums and Tums	Stiwdio--Studio	all levels

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Level</b>
6:30 pm - 7:00 pm	Hyfforddiant Omnia / Omnia Train	Campfa--Gym	all levels
7:15 pm - 8:15 pm	Les Mills BodyJam / Les Mills BodyJam	Stiwdio--Studio	all levels
7:15 pm - 8:15 pm	Hyfforddwr MyRide / MyRide Coach	Stiwdio MyRide--MyRide Studio	all levels