

Christmas Timetable

Friday 24th December

8:00am - 9:00am	Lane Swimming
9:30am - 10:15am	Group Cycling
10:00am - 10:45am	Swim Pods
10:30am - 11:15am	Core & Stretch
12:00pm - 1:00pm	Lane Swimming
1:15pm - 2:00pm	Swim Pods

Tuesday 28th December

8:00am - 9:00am	Lane Swimming
9:15am - 10:00am	Aqua Fit
9:30am - 10:15am	Kettlebell
10:00am - 10:45am	Swim Pods
12:00pm - 1:00pm	Lane Swimming
1:15pm - 2:00pm	Swim Pods

Wednesday 29th December

8:00am - 9:00am	Lane Swimming
9:30am - 10:15am	HITT & Core
10:00am - 10:45am	Swim Pods
10:30am - 11:30am	Yoga
12:00pm - 1:00pm	Lane Swimming
1:15pm - 2:00pm	Swim Pods

Thursday 30th December

8:00am - 9:00am	Lane Swimming
9:15am - 10:00am	Aqua Fit
9:30am - 10:15am	Group Cycling
10:00am - 10:45am	Swim Pods
12:00pm - 1:00pm	Lane Swimming
1:15pm - 2:00pm	Swim Pods

Sunday 2nd January

8:00am - 9:00am	Lane Swimming
10:00am - 10:45am	Swim Pods
12:00pm - 1:00pm	Lane Swimming
1:15pm - 2:00pm	Swim Pods

Monday 3rd January

8:00am - 9:00am	Lane Swimming
9:00am - 9:30am	Metafit
10:00am - 10:45am	Swim Pods
12:00pm - 1:00pm	Lane Swimming
1:15pm - 2:00pm	Swim Pods



KEY
SWIMMING
GROUP EXERCISE
SWIM PODS

Version 1. Correct at the time of print.

All of our timetables are available on our website and the Pembroke Leisure App.

This item is also available in Welsh/Mae'r eitem hon ar gael yn Gymraeg hefyd. For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembroke County Council on 01437 764551.

Booking and Cancellation Policy Applies.