

Group Exercise Timetable Commencing 6th November 2023

Monday

9.30am - 10.30am	Studio Circuits
11.00am - 12.00pm	Yoga
5.45pm - 6.15pm	Kettlebell HIIT
6.00pm - 6.45pm	Dancercise
6.20pm - 7.05pm	Group Cycling
7.00pm - 8.00pm	Les Mills BodyPump
7.15pm - 8.00pm	Circuits
8.00pm - 8.30pm	Group Cycling

Tuesday

9.30am - 10.30am	Gentle Circuits A4L
11.00am - 12.00pm	Pilates
5.45pm - 6.30pm	Group Cycling
6.30pm - 7.00pm	Kettlebell HIIT
7.15pm - 8.15pm	Vinyasa Yoga

Wednesday

8.15am - 9.00am	Aqua Fit
9.15am - 10.00am	Kettlebell
5.45pm - 6.45pm	Circuits
6.00pm - 7.00pm	Legs, Bums & Tums
7.00pm - 7.45pm	Group Cycling

Thursday

9.15am - 10.00am	Aqua Fit
9.30am - 10.30am	Les Mills BodyPump
11.00am - 12.00pm	Beginners Circuits
12.10pm - 1.10pm	Gentle Pilates A4L
6.00pm - 7.00pm	Les Mills BodyPump
7.15pm - 8.15pm	Boxercise
6.30pm - 7.15pm	Group Cycling

Friday

9.15am - 10.15am	Dancercise
9.30am - 10.15am	Beginners Group Cycling
10.30am - 11.15am	Core and Stretch
5.30pm - 6.15pm	Group Cycling
6.30pm - 7.30pm	Vinyasa Yoga
6.30pm - 7.30pm	Boxercise

Saturday

8.30am - 9.30am	Studio Circuits
10.00am - 10.45am	Group Cycling

Sunday

9.30am - 10.15am	Group Cycling
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A4L – Active 4 Life



Key	Cardio
	Dance
	Mind & Body
	Strength & Conditioning
	Cycle

Version 1. Correct at the time of print.

All of our timetables are available on our website and the Pembs 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 Pembrokehamshire County Council on 01437 764551.

Booking and Cancellation Policy Applies.