

# GROUP EXERCISE TIMETABLE

MONDAY 20TH APRIL - SUNDAY 19TH JULY 2026



PEMBROKESHIRE  
LEISURE  
HAMDDEN SIR  
BENFRO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:35 - 9:20AM <b>Les Mills Strength Development*</b>	3:30 - 5:00PM <b>Junior Fitness* (Gym)</b>	8:05 - 8:50AM <b>Pilates*</b>	7:10 - 7:55PM <b>Group Cycle</b>	5:30-6:30PM <b>Kettlebells*</b>	
9:25 - 10:25AM <b>Pilates*</b>	6:00 - 7:00PM <b>Circuits*</b>	9:00 - 9:30AM <b>MX4 (Gym) (A4L)</b>	8:00 - 9:00PM <b>Yoga (Flow)</b>		
7:00 - 7:45PM <b>Group Cycle</b>		9:30 - 10:00AM <b>MX4 (Gym) (A4L)</b>			
		10:00 - 11:00AM <b>Kettlebells</b>			



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CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
(TT) TERM TIME ONLY		NEW/UPDATED
Although not essential, we would recommend booking to guarantee your space		



ALL TIMETABLES ARE AVAILABLE ON OUR APP. THIS ITEM IS ALSO AVAILABLE IN WELSH.

FOR A COPY IN LARGE PRINT, EASY-READ, BRAILLE, AUDIO, OR AN ALTERNATIVE LANGUAGE, PLEASE CONTACT PEMBROKESHIRE COUNTY

COUNCIL ON 01437 764551