

Group Exercise Timetable

Commencing 25th April 2022

Monday

| | |
|-------------------|-----------------|
| 7:00am - 8:00am | MyRide |
| 9:15am - 10:15am | MyRide |
| 11:30am - 12:30pm | Strength & Tone |
| 5:30pm - 6:30pm | Yoga (Power) |
| 6:30pm - 7:30pm | Group Cycling |
| 6:45pm - 7:45pm | Kettlebells |

Tuesday

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|------------------|---------------|
| 7:00am - 8:00am | MyRide |
| 8:15am - 9:15am | Pilates |
| 9:00am - 9:45am | Aqua Fit |
| 9:15am - 10:15am | Group Cycling |
| 9:30am - 11:00am | Yoga (Hatha) |
| 5:30pm - 6:30pm | Bar & Bell |
| 6:00pm - 7:00pm | Group Cycling |
| 7:00pm - 8:00pm | Zumba |
| 8:05pm - 9:05pm | Tri-Swim |

Wednesday

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|-------------------|--------------------------|
| 7:00am - 8:00am | MyRide |
| 9:00am - 9:45am | Aqua Fit |
| 9:15am - 10:15am | MyRide |
| 11:00am - 12:00pm | Step Fit (A4L) |
| 5:45pm - 6:45pm | Later Life Pilates (A4L) |
| 6:15pm - 7:15pm | Group Cycling |
| 7:00pm - 8:00pm | Pilates |

Thursday

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|-------------------|------------------|
| 7:00am - 8:00am | MyRide |
| 9:15am - 10:00am | Aqua Fit |
| 9:15am - 10:15am | MyRide |
| 10:00am - 10:45am | HIIT & Core |
| 10:15am - 11:00am | Aqua Fit |
| 11:00am - 12:00pm | Zumba |
| 5:45pm - 6:45pm | Barbell Circuits |

Friday

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|-------------------|----------------------------|
| 7:00am - 8:00am | MyRide |
| 9:15am - 10:15am | MyRide |
| 9:15am - 10:15am | Legs, Bums & Tums |
| 10:45am - 11:45am | Gentle Strength & Mobility |
| 6:15pm - 7:00pm | HIIT |

Saturday

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|-------------------|----------|
| 9:30am - 10:30am | Circuits |
| 10:15am - 11:15am | MyRide |

Sunday

| | |
|-------------------|--------|
| 10:15am - 11:15am | MyRide |
|-------------------|--------|



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|-----|-------------------------|
| 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
Pembrokeshire County Council on 01437 764551.

Booking and Cancellation Policy Applies.