

Group Exercise Timetable Commencing 19th July 2021

Monday

0915 - 1015 MyRide
1130 - 1230 Strength & Tone
1730 - 1830 Power Yoga
1830 - 1930 Spin
1900 - 2000 Kettlebells

Tuesday

0915 - 1000 Aqua Fit*
0930 - 1100 Hatha Yoga
1730 - 1830 Bar & Bell
1800 - 1900 Spin
1900 - 2000 Zumba

Wednesday

0915 - 1015 MyRide
0930 - 1015 HIIT & Core
1130 - 1230 Gentle Aerobics (A4L)
1730 - 1830 Later Life Pilates (A4L)
1815 - 1915 Spin
1815 - 1915 Tri-Swim
1900 - 2000 Pilates

Thursday

0930 - 1030 Spin
1800 - 1930 Hatha Yoga
1830 - 1930 Spin

Friday

0915 - 1015 Spin
0915 - 1015 Legs, Bums & Tums
1045 - 1145 Gentle Strength & Mobility
1900 - 2000 Pilates

Saturday

0715 - 0815 MyRide
0930 - 1030 Circuits

Sunday

1015 - 1115 MyRide

(A4L) – Active 4 Life

*Aqua Ladies swim session on 03.08.21

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 Pembrokehire County Council on 01437 764551.

Booking and Cancellation Policy Applies.