

POP-UP GROUP EXERCISE TIMETABLE

APRIL 2025



Monday 7th, 14th, 28th

7:15AM - 8:00AM **Les Mills Strength Development™**

10:30AM - 11:30AM **Chair Based Exercise (A4L)**

7:00PM - 8:00PM **Group Cycling**

Tuesday 1st, 8th, 15th, 22nd

7:20AM - 8:20AM **Yoga (Wake Up)**

Wednesday 2nd, 9th, 16th, 23rd, 30th

8:45AM - 9:15AM **Group Cycling**

Wednesday 2nd, 9th, 16th, 23rd

7:20AM - 8:20AM **Yoga (Wake Up)**

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
 COACH BY COLOUR		* 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