

# Pop-Up Classes Timetable

## May 2022

**Tuesday 3<sup>rd</sup> May**  
9.30am – 10.30am **Les Mills Body Pump**

**Wednesday 4<sup>th</sup> May**  
9.10am – 9.55am **Les Mills Body Attack**

**Thursday 5<sup>th</sup> May**  
9.30am – 10.15am **HIIT Group Cycling**

**Monday 9<sup>th</sup> May**  
10.45am – 11.30am **Les Mills Body Balance**

**Tuesday 10<sup>th</sup> May**  
9.30am – 10.30am **Les Mills Body Pump**

**Wednesday 11<sup>th</sup> May**  
9.10am – 9.55am **Les Mills Body Attack**

**Thursday 12<sup>th</sup> May**  
9.30am – 10.15am **HIIT Group Cycling**

**Wednesday 18<sup>th</sup> May**  
10.00am – 11.00am **Group Cycling**

**Monday 23<sup>rd</sup> May**  
10.45am – 11.30am **Les Mills Body Balance**

**Tuesday 24<sup>th</sup> May**  
9.30am – 10.30am **Les Mills Body Pump**

**Monday 30<sup>th</sup> May**  
10.45am – 11.30am **Les Mills Body Balance**

**Tuesday 31<sup>st</sup> May**  
9.30am – 10.30am **Les Mills Body Pump**



K E Y	<b>CARDIO</b>
	<b>STRENGTH &amp; CONDITIONING</b>
	<b>MIND &amp; BODY</b>
	<b>CYCLE</b>

**This timetable is subject to change. For the most up to date version refer to our website and the Pembs Leisure App.**

**All sessions must be booked and paid for in advance using our app or website.**