

# GROUP EXERCISE TIMETABLE

MONDAY 20TH JULY - SUNDAY 30TH AUGUST 2026



PEMBROKESHIRE  
LEISURE  
HAMDDEN SIR  
BENFRO

## Monday

|                   |                                 |
|-------------------|---------------------------------|
| 7:00am - 8:00am   | MyRide™                         |
| 8:15am - 9:00am   | Les Mills BodyPump™             |
| 9:15am - 10:15am  | MyRide™                         |
| 10:30am - 11:30am | Strength & Tone                 |
| 11:45am - 12:45pm | Circuits (Gentle)               |
| 5:15pm - 6:15pm   | Yoga (Power)                    |
| 6:30pm - 7:30pm   | MyRide™                         |
| 6:30pm - 7:15pm   | HIIT                            |
| 7:20pm - 8:05pm   | Les Mills Strength Development™ |

## Tuesday

|                   |                   |
|-------------------|-------------------|
| 7:00am - 8:00am   | MyRide™           |
| 9:15am - 10:15am  | Group Cycling     |
| 9:15am - 10:45am  | Yoga (Hatha)      |
| 11:00am - 11:45am | Les Mills Shapes™ |
| 11:00am - 11:45am | AquaFit           |
| 5:45pm - 6:45pm   | Circuits          |
| 6:00pm - 6:45pm   | Group Cycling     |

## Wednesday

|                   |                                 |
|-------------------|---------------------------------|
| 7:00am - 8:00am   | MyRide™                         |
| 8:15am - 9:00am   | Pilates                         |
| 8:45am - 9:30am   | AquaFit                         |
| 9:15am - 10:00am  | Les Mills Strength Development™ |
| 9:15am - 10:15am  | MyRide™                         |
| 10:30am - 11:30am | Strength & Mobility             |
| 10:30am - 11:00am | MX4                             |
| 5:15pm - 6:15pm   | Les Mills BodyPump™*            |
| 6:15pm - 7:15pm   | MyRide™                         |
| 6:30pm - 7:15pm   | Les Mills Shapes™*              |

## Thursday

|                   |                    |
|-------------------|--------------------|
| 7:00am - 8:00am   | MyRide™            |
| 9:15am - 10:00am  | AquaFit            |
| 9:15am - 10:15am  | MyRide™            |
| 9:15am - 10:15am  | Kettlebells        |
| 10:30am - 11:30am | Circuits           |
| 12:15pm - 1:15pm  | Pilates            |
| 5:45pm - 6:45pm   | Circuits           |
| 7:00pm - 7:45pm   | Total Body Workout |

## Friday

|                   |                              |
|-------------------|------------------------------|
| 7:00am - 8:00am   | MyRide™                      |
| 8:15am - 9:00am   | Les Mills Shapes™            |
| 9:15am - 10:15am  | Strength & Tone              |
| 9:15am - 10:15am  | MyRide™                      |
| 10:30am - 11:30am | Strength & Mobility (Gentle) |
| 11:00am - 11:30am | MX4                          |
| 4:00pm - 5:00pm   | Circuits (Gentle)            |
| 5:00pm - 6:00pm   | Adult Swimfit                |
| 5:30pm - 6:30pm   | Yoga (Yin)                   |

## Saturday

|                   |                   |
|-------------------|-------------------|
| 9:30am - 10:30am  | Bar & Bell        |
| 10:00am - 11:00am | MyRide™           |
| 10:45am - 11:45am | Circuits (Gentle) |

## Sunday

|                   |                     |
|-------------------|---------------------|
| 9:00am - 9:45am   | Les Mills BodyPump™ |
| 10:00am - 11:00am | MyRide™             |
| 10:00am - 11:30am | Yoga (Restorative)  |

|                                                                                                       |                                            |       |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------|-------|
| CARDIO                                                                                                | MIND & BODY                                | DANCE |
| (A4L)<br>ACTIVE 4 LIFE                                                                                | STRENGTH & CONDITIONING                    | CYCLE |
|  COACH BY COLOUR | *every other week<br>commencing 22/07/2026 |       |
| <u>Although not essential, we would recommend booking to guarantee your space</u>                     |                                            |       |



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