

GROUP EXERCISE TIMETABLE

MONDAY 1ST SEPTEMBER - SUNDAY 26TH OCTOBER 2025



Monday

| | |
|-------------------|-----------------------|
| 6:15am - 7:00am | HIIT |
| 9:30am - 10:30am | Bar & Bell |
| 11:00am - 12:00pm | Yoga |
| 5:10pm - 5:40pm | Kettlebells |
| 5:45pm - 6:15pm | Kettlebells |
| 6:20pm - 6:50pm | Les Mills BodyAttack™ |
| 7:00pm - 8:00pm | Les Mills BodyPump™ |
| 7:15pm - 8:00pm | Circuits |

Tuesday

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|-------------------|---------------------------------|
| 8:15am - 9:00am | Aquafit |
| 9:15am - 10:00am | Group Cycling |
| 9:20am - 10:05am | Les Mills Strength Development™ |
| 10:20am - 11:20am | Circuits (Gentle) |
| 11:30am - 12:30pm | Pilates |
| 5:15pm - 6:00pm | Les Mills Shapes™ |
| 6:10pm - 6:40pm | Kettlebells |
| 6.45pm - 7.45pm | Zumba® |

Wednesday

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|-------------------|-------------------|
| 9:15am - 10:00am | Kettlebells |
| 10:15am - 11:00am | Les Mills Shapes™ |
| 5:45pm - 6:30pm | Legs, Bums & Tums |
| 5:45pm - 6:45pm | Bar & Bell |
| 7:00pm - 7:45pm | Group Cycling |
| 7:00pm - 7:45pm | Circuits |

Thursday

| | |
|-------------------|---------------------|
| 7:00am - 8:00am | Adult Swimfit |
| 8:00am - 9:00am | Yoga |
| 9:15am - 10:00am | Aquafit |
| 9:30am - 10:30am | Les Mills BodyPump™ |
| 11:00am - 12:00pm | Circuits (Gentle) |
| 12:10pm - 1:10pm | Pilates (Gentle) |
| 5:15pm - 5:45pm | HIIT |
| 6:00pm - 7:00pm | Les Mills BodyPump™ |
| 6:15pm - 7:00pm | Group Cycling |
| 7.15pm - 8.00pm | Aqua Zumba® |
| 7:15pm - 8:15pm | Yoga |

Friday

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|-------------------|----------------|
| 9:15am - 9:45am | MX4 |
| 9:30am - 10:15am | Group Cycling |
| 10:00am - 10:30am | MX4 |
| 10:30am - 11:15am | Core & Stretch |
| 5:30pm - 6:15pm | Group Cycling |

Saturday

| | |
|-----------------|------------|
| 8:30am - 9:30am | Bar & Bell |
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Sunday

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|-------------------|---------------|
| 9:30am - 10:15am | Group Cycling |
| 10:30am - 11:30am | Yoga |

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