

GROUP EXERCISE TIMETABLE

MONDAY 6TH JANUARY - SUNDAY 27TH APRIL 2025

ST DAVIDS & COMMUNITY CLASSES



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>St Davids Sports Hall 7:15 - 8:00AM Group Cycle*</p>	<p>St Davids Sports Hall 8:00 - 9:00PM Ballroom Dance</p>	<p>St Davids Sports Hall 8:05 - 8:50AM Les Mills Shapes™*</p>	<p>Victoria Hall Roch 9:15 - 10:15AM Total Body Workout (TT)</p>	<p>St Davids Sports Hall 8:30 - 9:15AM Les Mills Strength Development™ (TT)</p>	<p>St Davids Sports Hall 8:45 - 9:30AM Les Mills Shapes™*</p>
<p>St Davids Sports Hall 8:30 - 9:30AM Kettlebells (TT)</p>		<p>St Davids Sports Hall 9:00 - 10:00AM Circuits (Gym) (A4L) (TT)</p>	<p>St Davids Sports Hall 3:30 - 5:00PM Junior Fitness (Gym)</p>	<p>St Davids Sports Hall 9:30 - 10:30AM Core & Stretch* (TT)</p>	<p>St Davids Sports Hall 9:35 - 10:35AM Pilates</p>
<p>Victoria Hall Roch 9:15 - 10:15AM Total Body Workout (TT)</p>			<p>St Davids Sports Hall 7:10 - 7:55PM Group Cycle</p>		



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CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
(TT) TERM TIME ONLY		* 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