

# GROUP EXERCISE TIMETABLE

## MONDAY 22ND DECEMBER - SUNDAY 4TH JANUARY 2026



### Monday 22nd December

6.00am - 6.45am **Total Body Workout**  
 7.45am - 8.45am **Pilates (Fitness)**  
 12.45pm - 1.45pm **Chair Based Exercise (A4L)**  
 6.00pm - 7.00pm **Circuits**  
 7.00pm - 8.00pm **Group Cycling**

### Tuesday 30th December

9.30am - 10.00am **MX4**  
 10.00am - 10.45am **Dancercise**  
 10.15am - 10.45am **MX4**  
 12.30pm - 1.30pm **Group Cycling**

### Tuesday 23rd December

8.15am - 9.15am **AquaFit**  
 6.00pm - 7.00pm **Group Cycling**  
 6.10pm - 6.55pm **Dancercise**  
 6.30pm - 7.15pm **Les Mills Strength Development**

### Wednesday 31st December

10.00am - 10.45am **Total Body Workout**  
 11.15am - 11.45am **MX4**

### Wednesday 24th - Friday 26th December

CLOSED

### Thursday 1st January

CLOSED

### Saturday 27th December

8.30am - 9.30am **Pilates (Fitness)**  
 9.15am - 10.00am **Group Cycling**  
 9.45am - 10.15am **MX4**

### Friday 2nd January

8.00am - 8.45am **Core Strength & Balance**  
 9.15am - 9.45am **MX4**  
 9.15am - 10.00am **Group Cycling**  
 12.00pm - 12.30pm **MX4**  
 5.00pm - 6.00pm **Pilates**  
 6.05pm - 7.05pm **Pilates**

### Sunday 28th December

8.45am - 9.30am **Core Strength & Balance**  
 10.00am - 10.45am **Stretch**

### Saturday 3rd January

8.45am - 9.15am **MX4**  
 9.00am - 10.00am **Yoga (Hatha)**  
 9.15am - 9.45am **MX4**

### Monday 29th December

8.30am - 9.30am **Circuits**  
 11.00am - 11.30am **MX4**  
 12.45pm - 1.45pm **Chair Based Exercise (A4L)**

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