

POP-UP GROUP EXERCISE TIMETABLE

NOVEMBER 2026



Monday 2nd,
9th, 16th, 23rd, 8:00PM
30th

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8:45PM

Aquafit

Monday 2nd,
9th, 16th, 23rd, 9:40AM
30th

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10:10AM

MX4

Monday 2nd,
9th, 16th, 23rd, 6:20PM

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7:05PM

CARDIOBOX

Monday 2nd,
9th, 16th, 23rd, 7:10PM
30th

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7:55PM

Dancercise

Tuesday 3rd,
10th, 17th, 24th, 12:35PM

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13:35PM

**Tai Chi Movements
for Wellbeing**

Wednesday
4th, 11th, 18th, 5:45PM
25th

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6:45PM

Group Cycling

Friday 6th,
13th, 20th, 27th, 5:30PM

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6:30PM

Circuits

Friday 6th,
13th, 20th, 27th, 6:00PM

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7:00PM

Yoga (Yin)

Saturday 7th,
14th, 21st, 28th, 8:30AM

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9:30AM

Functional Fit

Sunday 8th,
15th, 22nd, 29th, 11:45AM

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12:45PM

Yoga (Yin)

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