

## Group Exercise Timetable Commencing 8<sup>th</sup> April 2024

### Monday

9.30am - 10.30am **Studio Circuits**  
 11.00am - 12.00pm **Yoga**  
 5.45pm - 6.15pm **Kettlebell HIIT**  
 6.00pm - 6.45pm **Dancercise**  
 6.20pm - 7.05pm **Group Cycling**  
 7.00pm - 8.00pm **Les Mills BodyPump**  
 7.15pm - 8.00pm **Circuits**

### Tuesday

9.15am - 10.00am **Group Cycling**  
 9.30am - 10.30am **Gentle Circuits A4L**  
 11.00am - 12.00pm **Pilates**  
 5.45pm - 6.30pm **Group Cycling**  
 6.30pm - 7.00pm **Kettlebell HIIT**

### Wednesday

8.15am - 9.00am **Aqua Fit**  
 9.15am - 10.00am **Kettlebell**  
 5.45pm - 6.45pm **Circuits**  
 5.45pm - 6.30pm **Legs, Bums & Tums**  
 7.00pm - 7.45pm **Group Cycling**  
 7.15pm - 8.15pm **Boxercise**

### Thursday

8.00am - 9.00am **Yoga**  
 9.15am - 10.00am **Aqua Fit**  
 9.30am - 10.30am **Les Mills BodyPump**  
 11.00am - 12.00pm **Beginners Circuits**  
 12.10pm - 1.10pm **Gentle Pilates A4L**  
 6.00pm - 7.00pm **Les Mills BodyPump**  
 6.15pm - 7.00pm **Group Cycling**  
 7.15pm - 8.15pm **Yoga**

### Friday

9.15am - 10.15am **Dancercise**  
 9.30am - 10.15am **Group Cycling**  
 10.30am - 11.15am **Core and Stretch**  
 5.30pm - 6.15pm **Group Cycling**  
 6.30pm - 7.30pm **Boxercise**

### Saturday

8.30am - 9.30am **Studio Circuits**  
 10.00am - 10.45am **Group Cycling**

### Sunday

9.30am - 10.15am **Group Cycling**

**A4L – Active 4 Life**



<b>Key</b>	<b>Cardio</b>
	<b>Dance</b>
	<b>Mind &amp; Body</b>
	<b>Strength &amp; Conditioning</b>
	<b>Cycle</b>

*Version 1. Correct at the time of print.*

All of our timetables are available on our website and the Pembs Leisure App.

This item is also available in Welsh/Mae'r eitem hon ar gael yn Gymraeg hefyd. For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokehamdden County Council on 01437 764551.

**Booking and Cancellation Policy Applies.**