

GROUP EXERCISE TIMETABLE

MONDAY 5TH JANUARY - SUNDAY 29TH MARCH 2026



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

Monday

7:00am - 8:00am MyRide™
8:15am - 9:00am Les Mills BodyPump™
9:15am - 10:15am Pilates
9:15am - 10:15am MyRide™
10:30am - 11:30am Strength & Tone
11:45am-12:45pm Circuits (Gentle)
5:00pm - 6:00pm Zumba™
5:15pm - 6:15pm Yoga (Power)
6:30pm - 7:15pm Group Cycling
6:30pm - 7:15pm HIIT
7:20pm - 8:05pm Les Mills Strength Development™

Tuesday

7:00am - 8:00am MyRide™
9:15am - 10:15am Group Cycling
9:15am - 10:45am Yoga (Hatha)
11:00am - 11:45am Les Mills Shapes™
11:00am - 11:45am Aquafit*
5:45pm - 6:45pm Circuits
6:00pm - 6:45pm Group Cycling
7:00pm - 7:45pm HIIT
8:00pm - 9:00pm Tri-Swim

Wednesday

7:00am - 8:00am MyRide™
8:45am - 9:30am Aquafit
9:15am - 10:00am Les Mills Strength Development™
9:15am - 10:15am MyRide™
10:30am - 11:30am Strength & Mobility
10:30am - 11:00am MX4
5:15pm - 6:15pm Les Mills BodyPump™
6:15pm - 7:15pm Group Cycling
6:30pm - 7:15pm Les Mills Shapes™

Thursday

7:00am - 8:00am MyRide™
9:15am - 10:15am MyRide™
9:15am - 10:15am Kettlebells
10:30am - 11:30am Circuits
12:15pm - 1:15pm Pilates
1:25pm - 2:10pm Aquafit
5:45pm - 6:45pm Circuits

Friday

7:00am - 8:00am MyRide™
8:45am - 9:30am Aquafit (pop-up)
9:15am - 10:15am Strength & Tone
9:15am - 10:00am Group Cycling
10:30am - 11:30am Strength & Mobility (Gentle)
11:00am - 11:30am MX4
4:00pm - 5:00pm Circuits (Gentle)
5:00pm - 6:00pm Adult Swimfit
5:30pm - 6:30pm Yoga (Yin)

Saturday

9:30am - 10:30am Bar & Bell
10:00am - 11:00am MyRide™
10:45am - 11:45am Circuits (Gentle)
12:00pm - 1:00pm Senior Self Defence

Sunday

9:00am - 9:45am Les Mills BodyPump™
10:00am - 11:00am MyRide™
10:00am - 11:30am Yoga

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
 COACH BY COLOUR	*(excluding 1 st every month)	
<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

AMSERLEN YMARFER GRWP

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PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

Dydd Llun

7:00yb - 8:00yb MyRide™
8:15yb - 9:00yb Les Mills BodyPump™
9:15yb - 10:15yb Pilates
9:15yb - 10:15yb MyRide™
10:30yb - 11:30yb Cryfder a Ffyrfhau
11:45yb - 12:45yb Ymarfer Cylchol (Ysgafyn)
5:00yp - 6:00yp Zumba™
5:15yp - 6:15yp loga (Power)
6:30yp - 7:15yp Beicio Grŵp
6:30yp - 7:15yp HIIT
7:20yp - 8:05yp Les Mills Strength Development™

Dydd Mawrth

7:00yb - 8:00yb MyRide™
9:15yb - 10:15yb Beicio Grŵp
9:15yb - 10:45yb loga (Hatha)
11:00yb - 11:45yb Les Mills Shapes™
11:00yb - 11:45yb Ffitrwydd Dŵr*
5:45yp - 6:45yp Ymarfer Cylchol
6:00yp - 6:45yp Beicio Grŵp
7:00yp - 7:45yp HIIT
8:00yp - 9:00yp Tri-Nofio

Dydd Mercher

7:00yb - 8:00yb MyRide™
8:45yb - 9:30yb Ffitrwydd Dŵr
9:15yb - 10:00yb Les Mills Strength Development™
9:15yb - 10:15yb MyRide™
10:30yb - 11:30yb Cryfder a Symudedd
10:30yb - 11:00yb MX4
5:15yp - 6:15yp Les Mills BodyPump™
6:15yp - 7:15yp Beicio Grŵp
6:30yp - 7:15yp Les Mills Shapes™

Dydd Iau

7:00yb - 8:00yb MyRide™
9:15yb - 10:15yb MyRide™
9:15yb - 10:15yb Kettlebells
10:30yb - 11:30yb Ymarfer Cylchol
12:15yp - 13:15yp Pilates
1:25yp - 2:10yp Ffitrwydd Dŵr
5:45yp - 6:45yp Ymarfer Cylchol

Dydd Gwener

7:00yb - 8:00yb MyRide™
8:45yb - 9:30yb Ffitrwydd Dŵr (Pop i fyny)
9:15yb - 10:15yb Cryfder a Ffyrfhau
9:15yb - 10:00yb Beicio Grŵp
10:30yb - 11:30yb Cryfder a Symudedd (Ysgafyn)
11:00yb - 11:30yb MX4
4:00yp - 5:00yp Ymarfer Cylchol (Ysgafyn)
5:00yp - 6:00yp Nofio Ffitrwydd Odedolion
5:30yp - 6:30yp loga (Yin)

Dydd Sadwrn

9:30yb - 10:30yb Bar a Phwysau
10:00yb - 11:00yb MyRide™
10:45yb - 11:45yb Ymarfer Cylchol (Ysgafyn)
12:00yp - 13:00yp Uwch Hunanamddiffyn

Dydd Sul

9:00yb - 9:45yb Les Mills BodyPump™
10:00yb - 11:00yb MyRide™
10:00yb - 11:30yb loga

CARDIO	Y MEDDWL A'R CORFF	DAWNS
(A4L) HEINI AM OES	CRYFDLER A CHYFLYRU	BEICIO
 COACH BY COLOUR	*Heb gynnwys y laf o bob mis	
<u>Er nad yw'n hanfodol, byddem yn argymhell archebu lle i warantu eich lle</u>		



MAE EIN HOLL AMSERLENNI AR GAEL AR EIN GWEFAN AC AP HAMDDEN SIR BENFRO. MAE'R EITEM HON AR GAEL YN SAESNEG HEFYD.

I GAEL COPI MEWN PRINT BRAS, FFORMAT HAWDD EI DDARLLEN, BRAILLE,

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