

GROUP EXERCISE TIMETABLE

MONDAY 2ND SEPTEMBER - SUNDAY 22ND DECEMBER 2024



Monday

7:15AM - 8:00AM **HIIT (Spin)**
 9:35AM - 10:20AM **Les Mills BODYPUMP™**
 10:25AM - 11:25AM **Les Mills BODYBALANCE™**
 12:05PM - 1:05PM **Aquafit**
 3:45PM - 4:45PM **Circuits (Gentle)**
 5:00PM - 6:00PM **Kettlebells**
 5:15PM - 6:15PM **Group Cycling**
 6:15PM - 7:00PM **Circuits**
 7:05PM - 8:05PM **Les Mills BODYBALANCE™***
 7:15PM - 8:15PM **Zumba®**

Tuesday

6:30AM - 7:15AM **Strength & Tone**
 7:30AM - 8:30AM **Swim Fit**
 8:30AM - 9:30AM **Suspension Training (TRX®)**
 9:30AM - 10:15AM **Circuits (Gym)**
 9:30AM - 10:30AM **CardioBox**
 9:30AM - 10:30AM **Group Cycling**
 10:00AM - 11:00AM **Aqua Therapy**
 10:35AM - 11:35AM **Les Mills BODYBALANCE™**
 11:40AM - 12:40PM **Keep Fit (Gentle) (A4L)**
 12:00PM - 1:00PM **Aquafit (Advanced)**
 12:15PM - 12:45PM **Group Cycling**
 5:30PM - 6:30PM **Circuits**
 6:00PM - 7:00PM **Group Cycling**
 7:00PM - 8:00PM **Yoga (Hatha)**
 8:05PM - 8:35PM **Yoga (Nidra)**

Wednesday

7:15AM - 8:00AM **HIIT (Spin)**
 9:25AM - 10:25AM **Les Mills BODYPUMP™**
 9:30AM - 10:30AM **Group Cycling (Beginners)**
 10:30AM - 11:30AM **Chair Based Exercise (A4L)**
 10:30AM - 11:30AM **Pilaticise**
 11:35AM - 12:35PM **Total Body Workout**
 12:25PM - 1:25PM **Aquafit**
 12:45PM - 1:30PM **Les Mills Strength Development™***
 5:30PM - 6:15PM **Circuits**
 5:45PM - 6:30PM **HIIT (Spin)**
 6:30PM - 7:15PM **HIIT™ (Step)**
 6:35PM - 7:20PM **Les Mills BODYBALANCE™**
 7:25PM - 8:05PM **HIIT (Strength)**
 7:30PM - 8:15PM **Adult Swim Lessons (Beginner)**
 8:15PM - 9:00PM **Adult Swim Lessons (Advanced)**
 8:45PM - 9:45PM **Adult Swim Fit**

Thursday

7:00AM - 8:00AM **Group Cycling***
 7:00AM - 7:30AM **Circuits**
 8:30AM - 9:30AM **Suspension Training (TRX®)**
 9:30AM - 10:30AM **Group Cycling**
 9:30AM - 10:15AM **HIIT**
 10:20AM - 11:20AM **Pilaticise**
 11:25AM - 12:25PM **Keep Fit (Gentle) (A4L)**
 1:15PM - 2:15PM **Tai Chi Movements for Wellbeing**
 5:00PM - 6:00PM **Pilaticise**
 5:45PM - 6:45PM **Group Cycling**
 6:10PM - 6:40PM **Ab Blast**
 7:00PM - 7:45PM **Les Mills Strength Development™***

Friday

6:45AM - 7:30AM **Les Mills Strength Development™***
 7:00AM - 8:00AM **HIIT (Spin)**
 9:00AM - 9:45AM **Group Cycling**
 9:50AM - 10:35AM **Body Conditioning**
 10:40AM - 11:40AM **Les Mills BODYBALANCE™**
 10:40AM - 11:40AM **Ballroom Dance***
 12:05PM - 1:05PM **Aquafit**
 5:15PM - 6:15PM **Yoga (Yin)**
 5:15PM - 6:00PM **Les Mills BODYPUMP™**
 6:15PM - 7:00PM **HIIT™ (Step)**
 7:10PM - 8:05PM **HIIT (Strength)**
 7:15PM - 8:00PM **Adult Swim Lessons (Advanced)**

Saturday

8:30AM - 9:30AM **HIIT™ (Step) (Strength)**
 9:45AM - 10:45AM **HIIT™ (Cardio) (Core)**

Sunday

11:00AM - 12:00PM **Les Mills BODYBALANCE™**

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