

Group Exercise Timetable Commencing 19th July 2021

Monday

0930 - 1030 Body Pump
1715 - 1815 Zumba
1900 - 2000 Les Mills BodyPump
1930 - 2000 Metafit

Tuesday

0800 - 0900 Aqua Fit
0930 - 1030 Gentle Circuits
1100 - 1200 Pilates
1230 - 1330 Let's Get Active**
1745 - 1845 Spin
1900 - 1945 HIIT & Core
1900 - 2000 Vinyasa Yoga

Wednesday

1745 - 1845 Circuits
1800 - 1900 Legs, Bums & Tums
1900 - 1945 Spin
1930 - 2000 Metafit

Thursday

0600 - 0645 Adult Swimfit
0800 - 0845 Aqua Fit
0900 - 0945 Aqua Fit
1715 - 1815 Gentle Pilates
1845 - 1945 Les Mills BodyPump
1900 - 1945 Spin Abs and Arms

Friday

1730 - 1815 Spin

Saturday

0900 - 1000 Outdoor Circuits
1000 - 1045 Spin

Sunday

0930 - 1015 Spin



KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	CYCLE

Version 1. Correct at the time of print.

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

****Suitable for adults with learning difficulties****

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 Pembrokeshire County Council on
01437 764551.

Booking and Cancellation Policy Applies.