

# GROUP EXERCISE TIMETABLE

MONDAY 2ND JUNE - SUNDAY 20TH JULY 2025



PEMBROKESHIRE  
LEISURE  
HAMDDEN SIR  
BENFRO

## Monday

6:15am - 7:00am **HIIT**  
9:30am - 10:30am **Bar & Bell**  
11:00am - 12:00pm **Yoga**  
5:10pm - 5:40pm **Kettlebells**  
5:45pm - 6:15pm **Kettlebells**  
6:20pm - 6:50pm **Les Mills BodyAttack™**  
6:20pm - 7:05pm **Group Cycling**  
7:00pm - 8:00pm **Les Mills BodyPump™**  
7:15pm - 8:00pm **Circuits**

## Tuesday

8:15am - 9:00am **Aquafit**  
9:15am - 10:00am **Group Cycling**  
9:20am - 10:05am **Les Mills Strength Development™**  
10:20am - 11:20am **Circuits (Gentle) (A4L)**  
11:30am - 12:30pm **Pilates**  
5:45pm - 6:15pm **Kettlebells**  
6:30pm - 7:30pm **Zumba®**

## Wednesday

9:15am - 10:00am **Kettlebells**  
10:15am - 11:00am **Les Mills Shapes™**  
5:45pm - 6:30pm **Legs, Bums & Tums**  
5:45pm - 6:45pm **Circuits**  
7:00pm - 7:45pm **Group Cycling**  
7:00pm - 7:45pm **Les Mills Strength Development™**

## Thursday

7:00am - 8:00am **Adult Swimfit**  
8:00am - 9:00am **Yoga**  
9:15am - 10:00am **Aquafit**  
9:30am - 10:30am **Les Mills BodyPump™**  
11:00am - 12:00pm **Circuits (Gentle)**  
12:10pm - 1:10pm **Pilates (Gentle) (A4L)**  
5:15pm - 5:45pm **HIIT**  
6:00pm - 7:00pm **Les Mills BodyPump™**  
6:15pm - 7:00pm **Group Cycling**  
7:15pm - 8:00pm **Aqua Zumba®**  
7:15pm - 8:15pm **Yoga**

## Friday

9:30am - 10:15am **Group Cycling**  
10:30am - 11:15am **Core & Stretch**  
5:30pm - 6:15pm **Group Cycling**  
6:15pm - 7:15pm **Boxercise**

## Saturday

8:30am - 9:30am **Bar & Bell**  
10:00am - 10:45am **Group Cycling**

## Sunday

9:30am - 10:15am **Group Cycling**

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