

# POP UP TIMETABLE

## Wednesday 1st November

06:00PM - 06:45PM **HIIT SPIN**

06:50PM - 07:20PM **CORE**

## Thursday 2nd November

08:00AM - 09:00AM **Wake Up Yoga**

## Friday 3rd November

08:00AM - 09:00AM **Wake Up Yoga**

## Tuesday 7th November

04:00PM - 05:00PM **Zumba™**

07:00PM - 07:45PM **Les Mills BODYBALANCE™**

## Wednesday 8th November

08:45AM - 09:30AM **Aqua Yoga Taster**

06:00PM - 06:45PM **HIIT SPIN**

## Thursday 9th November

08:00AM - 09:00AM **Wake Up Yoga**

## Friday 10th November

08:00AM - 09:00AM **Wake Up Yoga**

## Tuesday 14th November

04:00PM - 05:00PM **Zumba™**

07:00PM - 07:45PM **Les Mills BODYBALANCE™**

## Wednesday 15th November

06:00PM - 06:45PM **HIIT SPIN**

## Friday 17th November

08:00AM - 09:00AM **Wake Up Yoga**

## Tuesday 21st November

04:00PM - 05:00PM **Zumba™**

07:00PM - 07:45PM **Les Mills BODYBALANCE™**

## Wednesday 22nd November

08:45AM - 09:30AM **Aqua Yoga Taster**

06:00PM - 06:45PM **HIIT SPIN**

## Thursday 23rd November

08:00AM - 09:00AM **Wake Up Yoga**

## Friday 24th November

08:00AM - 09:00AM **Wake Up Yoga**

## Tuesday 28th November

04:00PM - 05:00PM **Zumba™**

07:00PM - 07:45PM **Les Mills BODYBALANCE™**

## Wednesday 29th November

06:00PM - 06:45PM **HIIT SPIN**

## Thursday 30th November

08:00AM - 09:00AM **Wake Up Yoga**

KEY

CARDIO
MIND & BODY
DANCE
STRENGTH & CONDITIONING
CYCLE

Version 1. Correct at the time of print. All of our timetables are available on our Pembs Leisure 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.