

# POP-UP GROUP EXERCISE TIMETABLE

DECEMBER 2024



## Monday 2nd, 9th, 16th

8:45AM - 9:30AM **Group Cycling**

6:15PM - 7:00PM **Body Conditioning**

## Monday 9th, 16th

12:45PM - 1:15PM **Zumba®**

## Wednesday 11th

9:00AM - 10:00AM **Yoga (Wake Up)**

## Thursday 12th

8:00AM - 9:00AM **Yoga (Wake Up)**

## Friday 13th

8:00AM - 9:00AM **Yoga (Hatha)**

## Sunday 1st, 8th

9:30AM - 10:15AM **Les Mills BODYPUMP™**

9:30AM - 10:30AM **Yoga (Gentle)**

## Sunday 15th

9:30AM - 10:15AM **Les Mills Strength Development™**

9:30AM - 10:30AM **Yoga (Gentle)**

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