

GROUP EXERCISE TIMETABLE

MONDAY 5TH JANUARY - SUNDAY 29TH MARCH 2026



Monday

6:15am - 7:00am	HIIT
9:30am - 10:30am	Bar & Bell
10:30am - 11:00am	MX4
11:00am - 12:00pm	Yoga (Vinyasa)
5:10pm - 5:40pm	Kettlebells
5:45pm - 6:15pm	Kettlebells
6:00pm - 6:45pm	Group Cycling
6:20pm - 6:50pm	Les Mills BodyAttack™
7:00pm - 8:00pm	Les Mills BodyPump™
7:15pm - 8:00pm	Circuits

Tuesday

8:15am - 9:00am	Aquafit*
9:15am - 10:00am	Group Cycling
10:20am - 11:20am	Circuits (Gentle)
11:30am - 12:30pm	Pilates
5:30pm - 6:15pm	Kettlebells
6:30pm - 7:30pm	Yoga (Yin)

Wednesday

9:15am - 10:00am	Circuits
10:15am - 11:00am	Les Mills Shapes™
5:45pm - 6:30pm	Legs, Bums & Tums
5:45pm - 6:45pm	Bar & Bell
6:45pm - 7:15pm	MX4
7:00pm - 7:45pm	Group Cycling

Thursday

7:00am - 8:00am	Adult Swimfit
8:00am - 9:00am	Yoga (Vinyasa)
9:15am - 10:00am	Aquafit
9:30am - 10:30am	Les Mills BodyPump™
10:30am - 11:00am	MX4
11:00am - 12:00pm	Circuits (Gentle)
12:10pm - 1:10pm	Pilates (Gentle)
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

9:00am - 9:30am	MX4
9:30am - 10:15am	Group Cycling
10:30am - 11:15am	Core & Stretch
5:30pm - 6:15pm	Group Cycling

Saturday

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

Sunday

9:30am - 10:15am	Group Cycling
10:30am - 11:30am	Yoga (Yin)

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
COACH BY COLOUR	*From February 2026	
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](tel:01437764551)