

GROUP EXERCISE TIMETABLE

MONDAY 5TH JANUARY - SUNDAY 29TH MARCH 2026



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

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