

POP-UP GROUP EXERCISE TIMETABLE

JULY 2025



Monday 7th, 14th, 21st, 28th

7:15AM - 8:00AM **Les Mills Strength Development™**

10:30AM - 11:30AM **Chair Based Exercise (A4L)**

Wednesday 9th, 16th

7:20AM - 8:20AM **Yoga (Wake Up)**

Saturday 5th, 12th, 19th, 26th

10:50AM - 11:50AM **Yoga (Hatha)**

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