

POP-UP GROUP EXERCISE TIMETABLE

APRIL 2026



Tuesday 14th, 21st, 28th

10:45AM - 11:30AM **Zumba®**

Thursday 2nd, 9th

10:10AM - 10:55AM **Les Mills BODYPUMP HEAVY™**

Thursday 2nd, 9th, 16th, 23rd, 30th

11:30AM - 12:00PM **MX4 (Gym)**

6:45PM - 7:45PM **PLYROX**

Friday 10th, 17th, 24th

7:35PM - 8:05PM **Yoga (Nidra)**

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](tel:01437764551)