

Group Exercise Timetable

9th November – 23rd December 2020

Monday

0930 - 1030	Les Mills BodyPump
1730 - 1830	Zumba
1745 - 1830	Spin
1900 - 2000	Les Mills BodyPump
1940 - 2010	Metafit

Tuesday

0800 - 0900	Aqua Fit
0930 - 1030	Gentle Circuits
1100 - 1200	Pilates
1730 - 1830	HIIT & Core
1845 - 1930	Adult Improvers (Pool)
1900 - 2000	Vinyasa Yoga

Wednesday

0930 - 1030	Static Circuits
1745 - 1845	Static Circuits
1800 - 1900	Legs, Bums & Tums
1900 - 1945	Spin
1940 - 2010	Metafit

Thursday

0800 - 0900	Aqua Fit
0930 - 1030	HIIT & Core
1730 - 1830	Gentle Pilates
1900 - 1945	Spin

Friday

0930 - 1030	Bounce-Fit
1115 - 1200	Beginners Spin
1730 - 1815	Spin
1900 - 2000	Yoga

Saturday

0830 - 0930	Les Mills BodyPump
1000 - 1045	Spin

Sunday

0930 - 1015	Spin
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For a copy in large print, Braille, audio tape or an alternative language. Please call:
01437 776455

KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	CYCLE



Version 1. Correct at the time of print.

All of our timetables are available on our website and the Pembs Leisure App.

This item is also available in Welsh/Mae'r eitem hon ar gael yn Gymraeg hefyd.
Booking and Cancellation Policy Applies.