

# GROUP EXERCISE TIMETABLE

MONDAY 28TH APRIL - SUNDAY 20TH JULY 2025



## Monday

7.45am - 8.45am Pilates (Fitness)  
 12.45pm - 1.45pm Chair Based Exercise (A4L)  
 5.30pm - 6.30pm Yoga (Hatha)  
 6.35pm - 7.20pm Yoga (Hatha)  
 5.30pm - 6.00pm Synrgy  
 6.00pm - 6.30pm Synrgy  
 6.00pm - 7.00pm Circuits  
 7.00pm - 8.00pm Group Cycling

## Tuesday

8.15am - 9.15am Aquafit  
 9.30am - 10.00am Synrgy  
 1.00pm - 1.30pm Synrgy  
 2.30pm - 3.30pm Pilates  
 5.15pm - 6.15pm Bar & Bell  
 6.00pm - 7.00pm Group Cycling  
 6.10pm - 6.55pm Dancercise  
 6.30pm - 7.15pm Les Mills Strength Development™  
 7.10pm - 7.55pm Group Cycling (Beginners)  
 7.00pm - 7.45pm Swimming Lessons (Improvers)  
 8.00pm - 9.00pm Aquafit

## Wednesday

7.30am - 8.00am Synrgy  
 12.00pm - 12.30pm Synrgy  
 1.00pm - 2.00pm Core Strength & Balance (A4L)  
 2.30pm - 3.30pm Circuits (Gentle)  
 5.00pm - 6.00pm Pilates  
 6.05pm - 6.35pm HIIT (Kettles)  
 6.45pm - 7.30pm Les Mills Shapes™  
 6.05pm - 6.50pm Total Body Workout  
 7.00pm - 8.00pm Group Cycling

## Thursday

7.00am - 8.00am Pilates  
 9.30am - 10.00am Synrgy  
 10.00am - 10.30am Synrgy  
 10.10am - 11.10am Leisure Badminton  
 11.30am - 12.30pm Aquafit  
 1.00pm - 5.00pm Bi-Weekly Walks  
 1.00pm - 1.45pm Les Mills Shapes™\*  
 5.30pm - 6.15pm Legs, Bums & Tums  
 6.00pm - 6.30pm Synrgy  
 6.00pm - 7.00pm Group Cycling  
 6.20pm - 7.20pm Yoga (Hatha)  
 7.00pm - 8.00pm Female only gym  
 7.30pm - 8.15pm Les Mills Strength Development™

## Friday

8.00am - 8.45am Core Strength & Balance  
 9.15am - 10.00am Group Cycling  
 5.00pm - 6.00pm Pilates  
 6.05pm - 7.05pm Pilates

## Saturday

9.00am - 9.30am Synrgy  
 9.30am - 10.00am Synrgy  
 9.00am - 10.00am 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