

# GROUP EXERCISE TIMETABLE

## MONDAY 21ST JULY - SUNDAY 31ST AUGUST



PEMBROKESHIRE  
LEISURE  
HAMDDEN SIR  
BENFRO

### Monday

7:00am - 8:00am	MyRide™
9:00am - 10:00am	Pilates
9:15am - 10:15am	MyRide™
10:15am - 11:15am	Strength & Tone
5:15pm - 6:15pm	Yoga (Power)
6:30pm - 7:15pm	HIIT

### Tuesday

7:00am - 8:00am	MyRide™
8:45am - 9:30am	AquaFit (No Instructor)
9:15am - 10:15am	Group Cycling
9:15am - 10:45am	Yoga (Hatha)
11:00am - 11:45am	Les Mills Shapes™
5:45pm - 6:45pm	Circuits
7:00pm - 7:45pm	Les Mills Strength Development™

### Wednesday

7:00am - 8:00am	MyRide™
8:45am - 9:30am	AquaFit (No Instructor)
9:15am - 10:00am	Les Mills Strength Development™
9:15am - 10:15am	MyRide™
10:30am - 11:30am	Strength & Mobility
10:30am - 11:00am	Connexus
5:15pm - 6:15pm	Kettlebells
6:15pm - 7:15pm	Group Cycling
6:20pm - 7:20pm	Les Mills BodyPump™*

### Thursday

7:00am - 8:00am	MyRide™
9:15am - 10:15am	MyRide™
9:15am - 10:15am	Kettlebells
10:30am - 11:15am	AquaFit
10:30am - 11:30am	Circuits
5:45pm - 6:45pm	Circuits
7:00pm - 7:45pm	HIIT

### Friday

7:00am - 8:00am	MyRide™
9:15am - 10:15am	Strength & Tone
9:15am - 10:00am	MyRide™
10:30am - 11:00am	Connexus
10:30am - 11:30am	Strength & Mobility (Gentle) (A4L)
4:00pm - 5:00pm	Circuits (Gentle) (A4L)
5:00pm - 6:00pm	Adult Swimfit
5:30pm - 6:30pm	Yoga (Yin)

### Saturday

9:30am - 10:30am	Bar & Bell
10:00am - 11:00am	MyRide™
10:45am - 11:45am	Circuits (Gentle) (A4L)
12:00pm - 1:00pm	Senior Self Defence (A4L)

### Sunday

8:00am - 9:00am	Les Mills BodyPump™
10:00am - 11:00am	MyRide™
9:30am - 11:00am	Yoga

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
 COACH BY COLOUR	* EVERY OTHER WEDNESDAY	
<u>Although not essential, we would recommend booking to guarantee your space</u>		



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