

GROUP EXERCISE TIMETABLE

MONDAY 21ST JULY - SUNDAY 31ST AUGUST



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

Monday

6:15am - 7:00am **HIIT**
8:30am - 9:30am **Bar & Bell**
11:00am - 12:00pm **Yoga**
5:10pm - 5:40pm **Kettlebells**
5:45pm - 6:15pm **Kettlebells**
6:20pm - 6:50pm **Les Mills BodyAttack™**
6:20pm - 7:05pm **Group Cycling**
7:00pm - 8:00pm **Les Mills BodyPump™**

Tuesday

8:15am - 9:00am **Aquafit***
9:20am - 10:05am **Les Mills Strength Development™**
8.30am - 9.30am **Group Cycling**
10:20am - 11:20am **Circuits (Gentle) (A4L)**
11:30am - 12:30pm **Pilates**
6.30pm - 7.30pm **Zumba®**

Wednesday

9:15am - 10:00am **Kettlebells**
10:15am - 11:00am **Les Mills Shapes™**
5:45pm - 6:30pm **Legs, Bums & Tums**
5:45pm - 6:45pm **Circuits**
7:00pm - 7:45pm **Group Cycling**
7:00pm - 7:45pm **Bar & Bell**

Thursday

7:00am - 8:00am **Adult Swimfit****
9:15am - 10:00am **Aquafit***
9:30am - 10:30am **Les Mills BodyPump™**
11:00am - 12:00pm **Circuits (Gentle)**
12:10pm - 1:10pm **Pilates (Gentle) (A4L)**
5:15pm - 5:45pm **HIIT**
6:00pm - 7:00pm **Les Mills BodyPump™**
6:15pm - 7:00pm **Group Cycling**
7.15pm - 8.00pm **Aqua Zumba®***
7:15pm - 8:15pm **Yoga**

Friday

9:30am - 10:15am **Group Cycling**
10:30am - 11:15am **Core & Stretch**
5:30pm - 6:15pm **Group Cycling**

Saturday

8:30am - 9:30am **Bar & Bell**
10:00am - 10:45am **Group Cycling**

Sunday

9:30am - 10:15am **Group Cycling**

***Aquafit / Aqua Zumba®** - only running on the following dates;
24th July, 29th July & 31st July.

****Adult Swimfit** - only running on the following dates;
24th July & 31st July.

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
COACH BY COLOUR		
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