

# GROUP EXERCISE TIMETABLE

## MONDAY 1<sup>ST</sup> SEPTEMBER - SUNDAY 21<sup>ST</sup> DECEMBER 2025



### Monday

7:00am - 8:00am  
8:15am - 9:00am  
9:15am - 10:15am  
9:15am - 10:15am  
10:30am - 11:30am  
5:00pm - 6:00pm  
5:15pm - 6:15pm  
6:30pm - 7:15pm  
6:30pm - 7:15pm  
7:20pm - 8:05pm

MyRide™  
Les Mills BodyPump™  
Pilates  
MyRide™  
Strength & Tone  
Zumba™  
Yoga (Power)  
Group Cycling  
HIIT  
Les Mills Strength Development™

### Tuesday

7:00am - 8:00am  
9:15am - 10:15am  
9:15am - 10:45am  
11:00am - 11:45am  
11:00am - 11:45am  
5:45pm - 6:45pm  
7:00pm - 7:45pm  
8:00pm - 9:00pm

MyRide™  
Group Cycling  
Yoga (Hatha)  
Les Mills Shapes™  
Aquafit\*  
Circuits  
Les Mills Strength Development™  
Tri-Swim

### Wednesday

7:00am - 8:00am  
8:45am - 9:30am  
9:15am - 10:00am  
9:15am - 10:15am  
10:30am - 11:30am  
10:30am - 11:00am  
5:15pm - 6:15pm  
6:15pm - 7:15pm  
6:20pm - 7:20pm  
7:30pm - 8:15pm

MyRide™  
Aquafit  
Les Mills Strength Development™  
MyRide™  
Strength & Mobility  
MX4  
Kettlebells  
Group Cycling  
Les Mills BodyPump™  
Les Mills Shapes™

### Thursday

7:00am - 8:00am  
9:15am - 10:15am  
9:15am - 10:15am  
10:30am - 11:30am  
12:15pm - 1:15pm  
1:25pm - 2:10pm  
5:45pm - 6:45pm  
7:00pm - 7:45pm

MyRide™  
Group Cycling  
Kettlebells  
Circuits  
Pilates  
Aquafit  
Circuits  
HIIT

### Friday

7:00am - 8:00am  
8:45am - 9:30am  
9:15am - 10:15am  
9:15am - 10:00am  
11:00am - 11:30am  
10:30am - 11:30am  
4:00pm - 5:00pm  
5:00pm - 6:00pm  
5:30pm - 6:30pm

MyRide™  
Aquafit (pop-up)  
Strength & Tone  
Group Cycling  
MX4  
Strength & Mobility (Gentle)  
Circuits (Gentle)  
Adult Swimfit  
Yoga (Yin)

### Saturday

9:30am - 10:30am  
10:00am - 11:00am  
10:45am - 11:45am  
12:00pm - 1:00pm

Bar & Bell  
MyRide™  
Circuits (Gentle)  
Senior Self Defence

### Sunday

9:00am - 9:45am  
10:00am - 11:00am  
10:00am - 11:30am  
12:00pm - 12:45pm

Les Mills BodyPump™  
MyRide™  
Yoga  
HIIT

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
 COACH BY COLOUR	*(excluding 1 <sup>st</sup> every month)	
<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