

# GROUP EXERCISE TIMETABLE

MONDAY 28TH APRIL - SUNDAY 20TH JULY 2025



PEMBROKESHIRE  
LEISURE  
HAMDDEN SIR  
BENFRO

## Monday

6:15am - 7:00pm	HIIT*
9:30am - 10:30am	Bar & Bell
11:00am - 12:00pm	Yoga
1:45pm - 2:30pm	Les Mills Shapes™
5:10pm - 5:40pm	Kettlebells
5:45pm - 6:15pm	Kettlebells
6:20pm - 7:05pm	Group Cycling
7:00pm - 8:00pm	Les Mills BodyPump™
7:15pm - 8:00pm	Circuits

## Tuesday

8:15am - 9:00am	Aquafit
9:15am - 10:00am	Group Cycling
9:20am - 10:05am	Les Mills Strength Development™
10:20am - 11:20am	Circuits (Gentle) (A4L)
11:30am - 12:30pm	Pilates
5:45pm - 6:15pm	Kettlebells
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	Les Mills Strength Development™

## Thursday

7:00am - 8:00am	Adult Swimfit
8:00am - 9:00am	Yoga
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

7:30am - 8:15am	Les Mills BodyAttack™
9:30am - 10:15am	Group Cycling
10:30am - 11:15am	Core & Stretch
5:30pm - 6:15pm	Group Cycling
6:15pm - 7:15pm	Boxercise

## Saturday

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

## Sunday

9:30am - 10:15am	Group Cycling
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CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
 COACH BY COLOUR	* NEW W/C 19 <sup>TH</sup> May	
<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