

Group Exercise Timetable

Commences May 4th

Monday

0630 – 0700 Les Mills GRIT
0900 – 1000 Aquafit
1030 – 1130 Aqua Therapy
1730 – 1800 Les Mills Body Pump Express
1815 – 1900 Les Mills Body Attack
1915 – 2015 Retro Aerobics

Tuesday

0630 – 0700 Les Mills GRIT
0930 – 1030 Les Mills Mix
1045 – 1145 Shake it, Lift it, Move it
1730 – 1800 Spin
1800 – 1900 Les Mills Body Balance (A4L)

Wednesday

0630 – 0700 Les Mills GRIT
1000 – 1100 Les Mills Body Balance (A4L)
1200 – 1300 Pilates
1730 – 1800 Les Mills GRIT
1815 – 1900 Les Mills Body Pump 45
1915 – 2015 Core Balance

Thursday

0700 – 0730 Spin
1045 – 1145 Gentle Keep Fit (A4L)
1730 – 1800 Les Mills GRIT
1815 – 1900 Les Mills Body Attack 45

Friday

0630 – 0700 Les Mills GRIT
0815 – 0915 Pilates
0930 – 1015 Les Mills Body Attack
1630 – 1730 Les Mills Body Balance
1800 – 1900 Interval Step

Saturday

0830 – 0930 Les Mills Mix

Sunday

1000 – 1100 Core Balance

For a copy in large print, Braille, audio tape or an alternative language, please call: 01437 776455

Booking & Cancellation Policy Applies

A4L = Active for Life



K E Y	CARDIO
	STRENGTH & CONDITIONING
	MIND & BODY
	CYCLE

This timetable is subject to change. For the most up to date version refer to our website and the Pembs Leisure App.

All sessions must be booked and paid for in advance using our app or website.