

# Group Exercise Timetable

## Monday

6:30am-7:00am **HIITSTEP**  
 7:15am-8:00am **HIITSPIN**  
 7:45am-8:45am **Pilaticise**  
 8:50am-9:20am **HIIT**  
 9:20am-10:20am **Les Mills Body Pump**  
 9:30am-10:15am **Group Cycling**  
 10:30am-11:30am **Yoga (Hatha)**  
 11:30am-12:30pm **Zumba**  
 12:00pm-1:00pm **Aqua Fit**  
 5:00pm-6:00pm **Kettlebells**  
 5:30pm-6:30pm **Circuits (Tasker Milward Tennis Dome)**  
 5:30pm-6:00pm **Group Cycling**  
 6:15pm-6:45pm **HIIT**  
 7:00pm-8:00pm **Zumba**

## Tuesday

7:00am-7:45am **Circuits**  
 7:30am-8:30am **Yoga (Gentle)**  
 7:30am-8:15am **Adult Swim Fit**  
 7:45am-8:45am **Strength & Conditioning**  
 9:30am-10:30am **HIIT**  
 9:30am-10:30am **Group Cycling**  
 10:30am-11:30am **Pilaticise**  
 11:30am-12:15pm **Gentle Keep Fit (A4L)**  
 12:15pm-1:00pm **Gentle Keep Fit (A4L)**  
 12:00pm-1:00pm **Aqua Fit - Gaynor**  
 5:30pm-6:15pm **Circuits (Tasker Milward Tennis Dome)\***  
 5:45pm-6:45pm **Group Cycling**  
 6:00pm-7:00pm **Strictly Fitsteps**

## Wednesday

6:30am-7:00am **HIITCARDIO**  
 7:15am-8:00am **HIITSPIN**  
 8:45am-9:15am **Les Mills Body Attack**  
 9:20am-10:20am **Les Mills Body Pump**  
 9:30am-10:30am **Group Cycling**  
 10:30am-11:30am **Les Mills Body Balance**  
 11:30am-12:30pm **Total Body Sculpt**  
 12:30pm-1:30pm **Chair Champions (A4L)**  
 6:00pm-6:45pm **HIIT MASHUP**  
 7:05pm-8:05pm **Yoga (Gentle)**  
 8:45pm-9:30pm **Adult Advanced Swimming Lessons**  
 8:45pm-9:30pm **Adult Swim Fit**

## Thursday

7:00am-7:30am **Circuits**  
 7:30am-8:30am **Wake Up Yoga**  
 7:45am-8:45am **TRX**  
 9:30am-10:30am **Boxfit**  
 9:30am-10:30am **Group Cycling**  
 10:30am-11:30am **F.I.T (A4L)**  
 11:30am-12:30pm **Les Mills Body Balance**  
 5:00pm-6:00pm **Pilaticise**  
 5:45pm-6:45pm **Group Cycling**  
 6:15pm-7:15pm **Zumba**  
 7:00pm-8:00pm **Group Cycling**

## Friday

7:00am-7:45am **HIIT Spin**  
 7:30am-8:30am **Wake Up Yoga**  
 8:45am-9:15am **Les Mills Body Attack Express**  
 9:20am-10:20am **Core & Conditioning**  
 10:00am-11:00am **Group Cycling**  
 10:30am-11:30am **Strictly Fitsteps**  
 11:30am-12:30pm **Les Mills Body Balance**  
 12:00pm-1:00pm **Aqua Fit**  
 12:00pm-12:45pm **Parent & Baby Yoga**  
 5:30pm-6:30pm **Circuits (Tasker Milward Tennis Dome)\***  
 5:30pm-6:00pm **HIITSTEP**  
 6:05pm-6:50pm **Hoopacise**

## Saturday

8:25am-9:25am **HIIT**  
 9:25am-10:25am **Strength & Conditioning**  
 10:30am-11:30am **Mind Body Fusion**

## Sunday

9:30am-10:30am **Yoga (Gentle)**  
 11:00am-12:00pm **Les Mills Body Balance**

<b>KEY</b>	<b>CARDIO</b>
	<b>DANCE</b>
	<b>MIND &amp; BODY</b>
	<b>STRENGTH &amp; CONDITIONING</b>
	<b>CYCLE</b>

All of our timetables are available on our website and the Pembs Leisure 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.