

# GROUP EXERCISE TIMETABLE

## MONDAY 4TH NOVEMBER - SUNDAY 22ND DECEMBER 2024



### Monday

7:00am - 8:00am **MyRide™**  
 9:00am - 10:00am **Pilates**  
 9:15am - 10:15am **MyRide™**  
 10:15am - 11:15am **Strength & Tone**  
 5:15pm - 6:15pm **Yoga (Power)**  
 6:15pm - 7:15pm **Group Cycling**  
 6:30pm - 7:15pm **Pilates (Gentle) (A4L)**  
 7:15pm - 8:00pm **Pilates**

### Tuesday

7:00am - 8:00am **MyRide™**  
 8:45am - 9:30am **Aquafit**  
 9:15am - 10:15am **Group Cycling**  
 9:30am - 11:00am **Yoga (Hatha)**  
 5:45pm - 6:45pm **Circuits**  
 7:00pm - 7:45pm **Les Mills Strength Development™**  
 8:00pm - 9:00pm **Tri-Swim**

### Wednesday

7:00am - 8:00am **MyRide™**  
 7:30am - 8:30am **Pilates**  
 8:45am - 9:30am **Aquafit**  
 9:15am - 10:00am **Les Mills Strength Development™**  
 9:15am - 10:15am **MyRide™**  
 10:30am - 11:30am **Strength & Mobility**  
 10:30am - 11:00am **Omnia**  
 5:15pm - 6:15pm **Kettlebells**  
 6:15pm - 7:15pm **Group Cycling**  
 6:20pm - 7:20pm **Les Mills BodyPump™**  
 7:30pm - 8:15pm **Zumba**

### Thursday

7:00am - 8:00am **MyRide™**  
 9:15am - 10:15am **MyRide™**  
 9:15am - 10:15am **Kettlebells**  
 10:30am - 11:15am **Aquafit**  
 10:30am - 11:30am **Circuits**  
 12:15pm - 1:15pm **Pilates**  
 5:45pm - 6:45pm **Circuits**

### Friday

7:00am - 8:00am **MyRide™**  
 9:15am - 10:15am **Strength & Tone**  
 9:15am - 10:00am **Group Cycling**  
 10:30am - 11:00am **Omnia**  
 10:30am - 11:30am **Strength & Mobility (Gentle) (A4L)**  
 4:00pm - 5:00pm **Circuits (Gentle) (A4L)**  
 5:00pm - 6:00pm **Adult Swimfit**  
 5:30pm - 6:15pm **HIIT**  
 6:30pm - 7:30pm **Mind & Body (Pop-up)**

### Saturday

9:30am - 10:30am **Bar & Bell**  
 10:00am - 11:00am **MyRide™**  
 10:45am - 11:45am **Circuits (Gentle) (A4L)**  
 12:00pm - 1:00pm **Senior Self Defence (A4L)**

### Sunday

10:00am - 11:00am **MyRide™**  
 11:00am - 12:30pm **Mind & Body (Pop-up)**

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