

GROUP EXERCISE TIMETABLE

MONDAY 5TH JANUARY - SUNDAY 12TH APRIL 2026



Monday

- 6:15am - 7:00am **HIIT**
- 9:30am - 10:30am **Bar & Bell**
- 10:30am - 11:00am **MX4**
- 11:00am - 12:00pm **Yoga (Vinyasa)**
- 5:10pm - 5:40pm **Kettlebells**
- 5:45pm - 6:15pm **Kettlebells**
- 6:00pm - 6:45pm **Group Cycling**
- 6:20pm - 6:50pm **Les Mills BodyAttack™**
- 7:00pm - 8:00pm **Les Mills BodyPump™**
- 7:15pm - 8:00pm **Circuits**

Tuesday

- 8:15am - 9:00am **Aquafit***
- 9:15am - 10:00am **Group Cycling**
- 10:20am - 11:20am **Circuits (Gentle)**
- 11:30am - 12:30pm **Pilates**
- 5:30pm - 6:15pm **Kettlebells**
- 6:30pm - 7:30pm **Yoga (Yin)**

Wednesday

- 9:15am - 10:00am **Circuits**
- 10:15am - 11:00am **Les Mills Shapes™**
- 5:45pm - 6:30pm **Legs, Bums & Tums**
- 5:45pm - 6:45pm **Bar & Bell**
- 6:45pm - 7:15pm **MX4**
- 7:00pm - 7:45pm **Group Cycling**
- 7:20pm - 7:50pm **MX4**

Thursday

- 7:00am - 8:00am **Adult Swimfit**
- 8:00am - 9:00am **Yoga (Vinyasa)**
- 9:15am - 10:00am **Aquafit**
- 9:30am - 10:30am **Les Mills BodyPump™**
- 10:30am - 11:00am **MX4**
- 11:00am - 12:00pm **Circuits (Gentle)**
- 12:10pm - 1:10pm **Pilates (Gentle)**
- 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

- 9:00am - 9:30am **MX4**
- 9:30am - 10:15am **Group Cycling**
- 10:30am - 11:15am **Core & Stretch**
- 5:30pm - 6:15pm **Group Cycling**

Saturday

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

Sunday

- 9:30am - 10:15am **Group Cycling**
- 10:30am - 11:30am **Yoga (Yin)**

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
COACH BY COLOUR		*From February 2026
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