

Group Exercise Timetable Commencing 06.11.23

Monday

7:00am - 8:00am	MyRide
9:00am - 10:00am	Pilates
9:15am - 10:15am	MyRide
10:15am - 11:15am	Strength & Tone
11:30am - 12:30pm	Senior Self Defence (A4L)
5:15pm - 6:15pm	Yoga (Power)
6:15pm - 7:15pm	Group Cycling
6:30pm - 7:30pm	Zumba
7:30pm - 8:15pm	Legs, Bums & Tums

Tuesday

7:00am - 8:00am	MyRide
8:45am - 9:30am	Aqua Fit
9:15am - 10:15am	Group Cycling
9:30am - 11:00am	Yoga (Hatha)
5:45pm - 6:45pm	Circuits
6:45pm - 7:45pm	Kettlebells
8:00pm - 9:00pm	Tri-Swim

Wednesday

7:00am - 8:00am	MyRide
8:45am - 9:30am	Aqua Fit
9:15am - 10:15am	MyRide
10:30am - 11:30am	Strength & Mobility
5:15pm - 5:45pm	Breathing Exercises & Meditation
6:15pm - 7:15pm	Group Cycling
6:15pm - 7:00pm	Gentle Pilates (A4L)
7:00pm - 8:00pm	Pilates

Thursday

7:00am - 8:00am	MyRide
9:10am - 9:55am	Aqua Fit
9:15am - 10:15am	MyRide
9:15am - 10:15am	Kettles & Core
10:30am - 11:30am	Zumba
11:30am - 12:30pm	Pilates
5:45pm - 6:45pm	Barbell Circuits
7:00pm - 7:45pm	HIIT

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	Gentle Strength & Mobility (A4L)
5:00pm - 6:00pm	Adult Swimfit
5:00pm - 6:00pm	Yoga (Yin)
6:15pm - 7:00pm	HIIT

Saturday

9:30am - 10:30am	Circuits
10:00am - 11:00am	MyRide
10:45am - 11:45am	Gentle Circuits (A4L)

Sunday

10:00am - 11:00am	Yoga (Hatha)
10:00am - 11:00am	MyRide
11:15am - 12:15pm	Yoga (Yin)
(A4L) – Active 4 Life	

Key	Cardio
	Dance
	Mind & Body
	Strength & Conditioning
	Cycle



Version 1. Correct at the time of print.

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

This item is also available in Welsh/Mae'r eitem hon ar gael yn Gymraeg hefyd.
For a copy in large print, easy-read, Braille, audio, or an alternative language,
please contact Pembrokeshire County Council on 01437 764551.

Booking and Cancellation Policy Applies.