

GROUP EXERCISE TIMETABLE

MONDAY 5TH JANUARY - SUNDAY 29TH MARCH 2026



Monday

7:00am - 8:00am MyRide™
 8:15am - 9:00am Les Mills BodyPump™
 9:15am - 10:15am Pilates
 9:15am - 10:15am MyRide™
 10:30am - 11:30am Strength & Tone
 11:45am-12:45pm Circuits (Gentle)
 5:00pm - 6:00pm Zumba™
 5:15pm - 6:15pm Yoga (Power)
 6:30pm - 7:15pm Group Cycling
 6:30pm - 7:15pm HIIT
 7:20pm - 8:05pm Les Mills Strength Development™

Tuesday

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

Wednesday

7:00am - 8:00am MyRide™
 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 MX4
 5:15pm - 6:15pm Les Mills BodyPump™
 6:15pm - 7:15pm Group Cycling
 6:30pm - 7:15pm Les Mills Shapes™

Thursday

7:00am - 8:00am MyRide™
 9:15am - 10:15am MyRide™
 9:15am - 10:15am Kettlebells
 10:30am - 11:30am Circuits
 12:15pm - 1:15pm Pilates
 1:25pm - 2:10pm Aquafit
 5:45pm - 6:45pm Circuits

Friday

7:00am - 8:00am MyRide™
 8:45am - 9:30am Aquafit (pop-up)
 9:15am - 10:15am Strength & Tone
 9:15am - 10:00am Group Cycling
 10:30am - 11:30am Strength & Mobility (Gentle)
 11:00am - 11:30am MX4
 4:00pm - 5:00pm Circuits (Gentle)
 5:00pm - 6:00pm Adult Swimfit
 5:30pm - 6:30pm Yoga (Yin)

Saturday

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

Sunday

9:00am - 9:45am Les Mills BodyPump™
 10:00am - 11:00am MyRide™
 10:00am - 11:30am Yoga

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
 COACH BY COLOUR	*(excluding 1 st every month)	
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