

# POP-UP GROUP EXERCISE TIMETABLE

MAY 2025



## Monday 12th, 19th

7:15AM - 8:00AM **Strength & Conditioning**

10:30AM - 11:30AM **Chair Based Exercise (A4L)**

## Tuesday 20th

7:20AM - 8:20AM **Yoga (Wake Up)**

## Friday 9th, 30th

6:30PM - 7:30PM **Yoga (Yin)**

## Saturday 3rd, 17th, 24th

10:50AM - 11:50AM **Yoga (Hatha)**

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