

# GROUP EXERCISE TIMETABLE

## MONDAY 4TH NOVEMBER - SUNDAY 5TH JANUARY 2024



### Monday

- 9:30am - 10:30am **Bar & Bell**
- 11:00am - 12:00pm **Yoga**
- 5:45pm - 6:15pm **Kettlebells**
- 6:00pm - 6:45pm **Dancercise**
- 6:20pm - 7:05pm **Group Cycling**
- 7:00pm - 8:00pm **Les Mills BodyPump™**
- 7:15pm - 8:00pm **Circuits**

### Tuesday

- 8:15am - 9:00am **Aquafit**
- 9:15am - 10:00am **Group Cycling**
- 9:20am - 10:20am **Les Mills BodyPump™**
- 10:30am - 11:30am **Circuits (Gentle) (A4L)**
- 11:45am - 12:45pm **Pilates**
- 5.45pm - 6.15pm **Kettlebells**
- 6.30pm - 7.30pm **Zumba**

### Wednesday

- 6:30am - 7:15am **Group Cycling**
- 9:15am - 10:00am **Kettlebells**
- 5:45pm - 6:30pm **Legs, Bums & Tums**
- 5:45pm - 6:45pm **Circuits**
- 7:00pm - 7:45pm **Group Cycling**
- 7:00pm - 8:00pm **Les Mills Strength Development™**

### Thursday

- 7:00am - 8:00am **Adult Swimfit**
- 8:00am - 9:00am **Yoga**
- 9:15am - 10:00am **Aquafit**
- 9:30am - 10:15am **Les Mills Strength Development™**
- 11:00am - 12:00pm **Circuits (Gentle)**
- 12:10pm - 1:10pm **Pilates (Gentle) (A4L)**
- 6:00pm - 7:00pm **Les Mills BodyPump™**
- 6:15pm - 7:00pm **Group Cycling**
- 7:15pm - 8:15pm **Yoga**
- 7.15pm - 7.45pm **Aqua Zumba®**

### Friday

- 9:15am - 10:15am **Dancercise**
- 9:30am - 10:15am **Group Cycling**
- 10:30am - 11:15am **Core & Stretch**
- 5:30pm - 6:15pm **Group Cycling**
- 6:30pm - 7:30pm **Boxercise**

### Saturday

- 8:30am - 9:30am **Bar & Bell**
- 10:00am - 10:45am **Group Cycling**

### Sunday

- 9:30am - 10:15am **Group Cycling**

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