



# GROUP EXERCISE TIMETABLE

## MONDAY

**Milford Haven**  
08:45am - 09:45am  
Tai Chi

**Milford Haven**  
10:00am - 11:00am  
Aqua Therapy

**Haverfordwest**  
10:30am - 11:30am  
Chair Based Exercise

**Tenby**  
11:45am - 12:45pm  
Circuits (Gentle)

**Fishguard**  
12:45pm - 13:45pm  
Chair Based Exercise

**Haverfordwest**  
15:45pm - 16:45pm  
Circuits (Gentle)

## TUESDAY

**Milford Haven**  
09:00am - 09:45am  
Chair Based Exercise

**Pembroke**  
10:20am - 11:20am  
Circuits (Gentle)

**Milford Haven**  
10:00am - 11:00am  
Easyline

**Haverfordwest**  
11:25am - 12:25pm  
Keep Fit (Gentle)

## WEDNESDAY

**St Davids**  
09:00am - 09:30am  
MX4

**St Davids**  
09:30am - 10:00am  
MX4

**Haverfordwest**  
10:30am - 11:30am  
Chair Based Exercise

**Crymych**  
12:15pm - 13:00pm  
Gentle Circuits

**Fishguard**  
14:30pm - 15:30pm  
Circuits (Gentle)

## THURSDAY

**Pembroke**  
11am - 12pm  
Circuits (Gentle)

**Haverfordwest**  
10:05am - 11:05am  
Keep Fit (Gentle)

**Pembroke**  
12:10pm - 13:10pm  
Pilates (Gentle)

## FRIDAY

**Tenby**  
10:30am - 11:30am  
Strength & Mobility  
(Gentle)

**Crymych**  
13:30pm - 14:30pm  
Circuits (Gym)

**Tenby**  
16:00pm - 17:00pm  
Circuits (Gentle)

## SATURDAY

**Milford Haven**  
10:00am - 11:00am  
Keep Fit (Gentle)

**Tenby**  
10:45am - 11:45am  
Circuits (Gentle)

Scan the QR code below to stay up to date with the latest community collaborations and updates from Active 4 Life by joining our Facebook group.



Look out for 'A4L' on group exercise timetables for the sessions that Active 4 Life recommend to the 60+ community.

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.

Updated: 04/2026