

# GROUP EXERCISE TIMETABLE

6TH JANUARY - SUNDAY 27TH APRIL 2025



## Monday

- 6:45AM - 7:45AM Suspension Circuit (TRX®)
- 8:45AM - 9:30AM Group Cycling
- 9:35AM - 10:20AM Les Mills BODYPUMP™
- 10:30AM - 11:15AM Les Mills Shapes™
- 12:05PM - 1:05PM Aquafit
- 3:45PM - 4:45PM Circuits (Gentle)
- 5:00PM - 6:00PM Kettlebells
- 5:15PM - 6:15PM Group Cycling
- 6:15PM - 7:00PM Circuits
- 6:15PM - 7:00PM Body Conditioning
- 7:15PM - 8:15PM Les Mills BODYBALANCE™

## Tuesday

- 6:30AM - 7:15AM HIIT
- 7:30AM - 8:30AM Swim Fit
- 8:25AM - 9:25AM Suspension Training (TRX®)
- 9:30AM - 10:15AM Circuits (Gym)
- 9:30AM - 10:30AM Boxercise®
- 9:30AM - 10:30AM Group Cycling
- 10:00AM - 11:00AM Aqua Therapy
- 10:35AM - 11:35AM Les Mills BODYBALANCE™
- 11:40AM - 12:40PM Keep Fit (Gentle) (A4L)
- 12:00PM - 1:00PM Aquafit
- 12:15PM - 12:45PM Group Cycling
- 12:50PM - 1:35PM Zumba®
- 5:30PM - 6:30PM Circuits
- 6:45PM - 7:30PM Les Mills BODYATTACK™
- 6:00PM - 7:00PM Group Cycling
- 7:35PM - 8:35PM Yoga (Hatha)

## Wednesday

- 6:30AM - 7:15AM Les Mills Strength Development™
- 6:45AM - 7:30AM Group Cycling
- 9:25AM - 10:25AM Les Mills BODYPUMP™
- 9:30AM - 10:30AM Group Cycling (Beginners)
- 10:30AM - 11:30AM Chair Based Exercise (A4L)\*
- 10:30AM - 11:30AM Pilaticise
- 11:35AM - 12:35PM Total Body Workout
- 12:25PM - 1:25PM Aquafit
- 12:45PM - 1:30PM Les Mills Strength Development™
- 5:30PM - 6:15PM Circuits
- 6:30PM - 7:15PM HIIT
- 7:25PM - 8:10PM Les Mills BODYBALANCE™
- 7:30PM - 8:15PM Adult Swim Lessons (Beginner)
- 8:15PM - 9:00PM Adult Swim Lessons (Advanced)
- 8:45PM - 9:45PM Adult Swim Fit

## Thursday

- 7:00AM - 8:00AM Group Cycling
- 7:00AM - 7:30AM Circuits
- 8:25AM - 9:25AM Suspension Training (TRX®)\*
- 9:30AM - 10:30AM Group Cycling
- 9:30AM - 10:15AM Les Mills BODYATTACK™
- 10:20AM - 11:20AM Pilaticise
- 11:25AM - 12:25PM Keep Fit (Gentle) (A4L)
- 1:15PM - 2:15PM Tai Chi Movements for Wellbeing
- 5:00PM - 6:00PM Pilaticise
- 6:05PM - 6:50PM Zumba®
- 5:45PM - 6:45PM Group Cycling
- 6:10PM - 6:40PM Ab Blast
- 7:00PM - 8:00PM Yoga (Vinyasa)
- 7:00PM - 7:45PM Les Mills Strength Development™
- 8:00PM - 8:45PM Les Mills Shapes™

## Friday

- 7:00AM - 8:00AM Group Cycling
- 8:30AM - 9:15AM Group Cycling
- 9:20AM - 10:05AM Les Mills Shapes™
- 10:10AM - 11:10AM Les Mills BODYBALANCE™
- 11:15AM - 12:15PM Ballroom Dance
- 12:05PM - 1:05PM Aquafit
- 5:30PM - 6:15PM Les Mills BODYPUMP™
- 6:25PM - 7:10PM Les Mills BODYATTACK™
- 7:15PM - 8:00PM Adult Swim Lessons (Advanced)

## Saturday

- 8:30AM - 9:30AM HIIT
- 9:40AM - 10:40AM Kettlebells

## Sunday

- 9:30AM - 10:15AM Les Mills BODYPUMP™
- 10:30AM - 11:30PM Les Mills BODYBALANCE™

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 [01437764551](tel:01437764551)