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 Exercis

Pembroke
10:20am – 11:20am
Circuits (Gentle)

Haverfordwest
11:30am – 12:30pm
Keep Fit (Gentle)

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

WEDNESDAY

St Davids
09:00am – 09:30am
MX4 (Gym)

St Davids
09:30am – 10:00am
MX4 (Gym)

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

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

THURSDAY

Crymych
9.15am – 10:00am
Gentle Circuits

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

Pembroke
11:00am - 12:00pm
Circuits (Gentle)

Pembroke
12:00pm – 13:00pm
Pilates (Gentle)

Fishguard
15:00pm – 16:00pm
Keep Fit (Gentle)

FRIDAY

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

Crymych
13:00pm – 14:00pm
Circuits (Gym)

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

SATURDAY

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: 10/2026