

POP-UP GROUP EXERCISE TIMETABLE

SEPTEMBER 2026



Monday 7th,
14th, 21st, 28th, 9:40AM

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10:10AM

MX4

Monday 7th,
14th, 21st, 28th, 6:20PM

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7:05PM

CARDIOBOX

Monday 7th,
14th, 21st, 28th, 7:10PM

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7:55PM

Dancercise

Tuesday 1st,
8th, 15th, 22nd, 29th, 12:35PM

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13:35PM

**Tai Chi Movements
for Wellbeing**

Tuesday 1st,
8th, 22nd, 29th, 7:00PM

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7:45PM

Aqua Zumba®

Friday 4th,
11th, 28th, 25th, 5:30PM

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6:30PM

Circuits

Friday 4th,
11th, 18th, 25th, 6:00PM

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7:00PM

Yoga (Yin)

Saturday 5th,
12th, 19th, 26th, 8:30AM

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9:30AM

Fuctional Fit

Saturday 5th,
12th, 19th, 8:45AM

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9:30AM

Strictly Fitsteps™

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