

GROUP EXERCISE TIMETABLE

04TH SEPTEMBER - 26TH DECEMBER 2023

Monday

06:30AM - 07:05AM **HIITSTEP™**
 07:15AM - 08:00AM **HIITSPIN**
 07:45AM - 08:45AM **Pilaticise**
 08:50AM - 09:20AM **HIIT**
 09:25AM - 10:25AM **Les Mills BODYPUMP™**
 10:30AM - 11:30AM **Les Mills BODYBALANCE™**
 12:05PM - 01:05PM **Aqua Fit**
 05:00PM - 06:00PM **Kettlebells**
 05:15AM - 06:15PM **Group Cycling***
 06:15PM - 07:00PM **Circuits**
 07:15PM - 08:15PM **Zumba**

Tuesday

06:30AM - 07:15AM **Morning 45**
 07:30AM - 08:30AM **Adult Swim Fit**
 08:30AM - 09:30AM **TRX**
 09:30AM - 10:30AM **HIIT**
 09:30AM - 10:30AM **Group Cycling**
 10:00AM - 11:00AM **Aqua Therapy**
 10:35AM - 11:35AM **Les Mills BODYBALANCE™**
 11:40AM - 12:40PM **Gentle Keep Fit (A4L)**
 12:00PM - 01:00PM **Aqua Fit Advanced**
 05:30PM - 06:30PM **Circuits**
 06:00PM - 07:00PM **Group Cycling**
 06:45PM - 07:45PM **Kettlebells**

Wednesday

06:30AM - 07:00AM **HIITCARDIO™**
 07:15AM - 08:00AM **HIITSPIN**
 08:45AM - 09:15AM **BOOTCAMP***
 09:20AM - 10:20AM **Les Mills BODYPUMP™**
 09:30AM - 10:30AM **Beginners Cycling**
 10:30AM - 11:30AM **Pilaticise**
 11:35AM - 12:35PM **Total Body Workout**
 11:35AM - 12:35PM **Gentle Mind & Body**
 12:25PM - 13:25PM **Aqua Fit**
 12:40PM - 01:40PM **Chair Champions (A4L)**
 05:30PM - 06:15PM **Circuits**
 06:30PM - 07:00PM **HIITSTEP™**
 07:15PM - 08:00PM **Tabata Strength**
 07:30PM - 08:15PM **Adult Beginner Swimming Lessons**
 08:15PM - 09:00PM **Adult Advanced Swimming Lessons**
 08:45PM - 09:45PM **Adult Swim Fit**
 09:00PM - 09:45PM **Adult Advanced Swimming Lessons**

Thursday

07:00AM - 07:30AM **Circuits**
 07:45AM - 08:30AM **Zumba**
 08:45AM - 09:30AM **Intro to TRX**
 09:30AM - 10:30AM **Group Cycling**
 09:30AM - 10:30AM **BOXFIT**
 10:35AM - 11:35AM **Pilaticise**
 11:40AM - 12:40PM **F.I.T (A4L)**
 05:00PM - 06:00PM **Pilaticise**
 05:45PM - 06:45PM **Group Cycling**
 06:05PM - 07:05PM **Les Mills BODYBALANCE™***
 06:05PM - 07:20PM **Yoga Hatha**
 07:05PM - 08:05PM **Group Cycling**

Friday

07:00AM - 08:00AM **HIITSPIN**
 08:45AM - 09:15AM **Cardio Blast**
 09:20AM - 10:20AM **Core & Conditioning**
 10:30AM - 11:30AM **Strictly Fitsteps™**
 10:30AM - 11:30AM **Mind & Body Development***
 11:35AM - 12:35PM **Les Mills BODYBALANCE™**
 12:05PM - 01:05PM **Aqua Fit**
 05:15PM - 06:00PM **Les Mills BODYPUMP™***
 06:10PM - 06:40PM **HIITSTEP™**
 06:45PM - 07:30PM **Hoopacise**

Saturday

08:30AM - 09:30AM **HIITSTEP™/WEIGHTS**
 09:45AM - 10:45AM **HIITCARDIO™/Core***

Sunday

09:30AM - 10:30AM **Gentle Yoga**
 11:00AM - 12:00PM **Les Mills BODYBALANCE™**

KEY

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
NEW/UPDATED		

Version 1: Correct at the time of print.
 All timetables are available on our Pembs Leisure 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