

## Group Exercise Timetable

9<sup>th</sup> November – 23<sup>rd</sup> December 2020

### Monday

0930 - 1030 Pilates  
1130 - 1230 Strength & Tone  
1800 - 1900 Yoga (Power)  
1915 - 2015 Spin

### Tuesday

0915 - 1000 Aqua Fit\*  
0930 - 1100 Yoga (Hatha)  
0945 - 1045 Spin  
1020 - 1105 Aqua Fit\*  
1800 - 1900 Spin  
1745 - 1845 Bar & Bell  
1915 - 2015 Zumba  
2015 - 2100 Adult Swimming Coaching

### Wednesday

0930 - 1030 Strength & Mobility  
1100 - 1200 Total Body Workout  
1900 - 2000 Pilates  
1815 - 1915 Spin

### Thursday

0915 - 1000 Aqua Fit\*  
0930 - 1030 Spin  
1020 - 1105 Aqua Fit\*  
1800 - 1930 Yoga (Hatha)  
1915 - 2000 Spin

### Friday

0915 - 1015 Spin  
0930 - 1030 Legs, Bums & Tums  
1315 - 1415 Strength & Mobility  
1800 - 1845 Swim-fit  
1815 - 1915 Kettles & Cardio

### Saturday

0715 - 0815 MyRide  
0930 - 1030 Circuits

### Sunday

1015 - 1115 MyRide

For a copy in large print, Braille, audio tape or an alternative language. Please call: 01437 776455

<b>KEY</b>	<b>CARDIO</b>
	<b>DANCE</b>
	<b>MIND &amp; BODY</b>
	<b>STRENGTH &amp; CONDITIONING</b>
	<b>CYCLE</b>



*Version 1. Correct at the time of print. \*Finishing week commencing 14<sup>th</sup> December.*  
All of our timetables are available on our website and the Pembs Leisure App.

This item is also available in Welsh/Mae'r eitem hon ar gael yn Gymraeg hefyd.  
**Booking and Cancellation Policy applies.**