

POP-UP GROUP EXERCISE TIMETABLE

NOVEMBER 2024



Monday 4th, 11th, 18th, 25th

- 12:45PM - 1:15PM **Zumba®**
- 1:20PM - 1:50PM **Zumba®**
- 8:45AM - 9:30AM **Group Cycling**
- 6:15PM - 7:00PM **Body Conditioning**

Tuesday 12th, 19th

- 4:15PM - 5:00PM **Les Mills Strength Development™**

Wednesday 6th, 13th, 20th, 27th

- 6:30AM - 7:00AM **HIIT™ (Cardio)**
- 9:00AM - 10:00AM **Yoga (Wake Up)**
- 4:00PM - 5:00PM **Strictly FitSteps®**

Thursday 14th, 21st, 28th

- 8:00AM - 9:00AM **Yoga (Wake Up)**

Friday 8th, 15th, 22nd, 29th

- 8:00AM - 9:00AM **Yoga (Hatha)**

Sunday 3rd, 10th, 24th

- 9:30AM - 10:15AM **Les Mills BODYPUMP™**

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
COACH BY COLOUR	* NEW/UPDATED	
<i>Although not essential, we would recommend booking to guarantee your space</i>		



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