

GROUP EXERCISE TIMETABLE

MONDAY 1ST SEPTEMBER - SUNDAY 21ST DECEMBER 2025



Monday

6:15am - 7:00am	HIIT
9:30am - 10:30am	Bar & Bell
11:00am - 12:00pm	Yoga
5:10pm - 5:40pm	Kettlebells
5:45pm - 6:15pm	Kettlebells
6:20pm - 6:50pm	Les Mills BodyAttack™
7:00pm - 8:00pm	Les Mills BodyPump™
7:15pm - 8:00pm	Circuits

Tuesday

8:15am - 9:00am	Aquafit
9:15am - 10:00am	Group Cycling
9:20am - 10:05am	Les Mills Strength Development™
10:20am - 11:20am	Circuits (Gentle)
11:30am - 12:30pm	Pilates
5:15pm - 6:00pm	Les Mills Shapes™
6:10pm - 6:40pm	Kettlebells
6.45pm - 7.45pm	Zumba®

Wednesday

9:15am - 10:00am	Kettlebells
10:15am - 11:00am	Les Mills Shapes™
5:45pm - 6:30pm	Legs, Bums & Tums
5:45pm - 6:45pm	Bar & Bell
7:00pm - 7:45pm	Group Cycling
7:00pm - 7:45pm	Circuits

Thursday

7:00am - 8:00am	Adult Swimfit
8:00am - 9:00am	Yoga
9:15am - 10:00am	Aquafit
9:30am - 10:30am	Les Mills BodyPump™
11:00am - 12:00pm	Circuits (Gentle)
12:10pm - 1:10pm	Pilates (Gentle)
5:15pm - 5:45pm	HIIT
6:00pm - 7:00pm	Les Mills BodyPump™
6:15pm - 7:00pm	Group Cycling
7.15pm - 8.00pm	Aqua Zumba®
7:15pm - 8:15pm	Yoga

Friday

9:15am - 9:45am	MX4
9:30am - 10:15am	Group Cycling
10:00am - 10:30am	MX4
10:30am - 11:15am	Core & Stretch
5:30pm - 6:15pm	Group Cycling

Saturday

8:30am - 9:30am	Bar & Bell
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Sunday

9:30am - 10:15am	Group Cycling
10:30am - 11:30am	Yoga

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
COACH BY COLOUR		
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