

Group Exercise Timetable Commencing 25th April 2022

Monday

9.30am - 10.30am	Les Mills Body Pump
11.00am - 12.00pm	Yoga
6.20pm - 7.05pm	Group Cycling
5.45pm - 6.15pm	Kettlebell HIIT
7.00pm - 8.00pm	Les Mills BodyPump
6.00pm - 6.45pm	Dancercise NEW
8.00pm - 8.30pm	Group Cycling

Tuesday

8.00am - 8.45am	Aqua Fit
9.30am - 10.30am	Gentle Circuits A4L
11.00am - 12.00pm	Pilates A4L
12.30pm - 1.30pm	Let's Get Active
5.15pm - 6.15pm	Zumba
5.45pm - 6.45pm	Group Cycling
6.30pm - 7.00pm	Kettlebell HIIT
7.15pm - 8.15pm	Vinyasa Yoga

Wednesday

8.15am - 9.00am	Aqua Fit
9.15am - 10.00am	Kettlercise
5.45pm - 6.45pm	Circuits
6.00pm - 7.00pm	Legs, Bums & Tums
7.00pm - 7.45pm	Group Cycling
7.30pm - 8.00pm	Metafit

Thursday

8.15am - 9.00am	Aqua Fit
9.15am - 10.00am	Aqua Fit
9.30am - 10.30am	Les Mills BodyPump
11.00am - 12.00pm	Beginners Circuits A4L
5.15pm - 6.15pm	Gentle Pilates A4L
6.45pm - 7.45pm	Les Mills BodyPump
7.00pm - 7.45pm	Group Cycling

Friday

9.15am - 10.15am	Dancercise NEW
9.30am - 10.15am	Beginners Group Cycling
10.30am - 11.15am	Core and Stretch
5.30pm - 6.15pm	Group Cycling
6.30pm - 7.30pm	Vinyasa Yoga

Saturday

8.30am - 9.30am	Studio Circuits
10.00am - 10.45am	Group Cycling

Sunday

9.30am - 10.15am	Group Cycling
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A4L - Active 4 Life



Key	Cardio
	Dance
	Mind & Body
	Strength & Conditioning
	Cycle

Version 1. Correct at the time of print.

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.
For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact
Pembrokeshire County Council on
01437 764551.

Booking and Cancellation Policy Applies.