

GROUP EXERCISE TIMETABLE

TUESDAY 1ST SEPTEMBER - SUNDAY 20TH DECEMBER 2026



Monday

7:15am - 8:00am	Circuits (Gym)
9:30am - 10:30am	Bar & Bell
10:30am - 11:00am	MX4
11:00am - 12:00pm	Yoga (Vinyasa)
5:30pm - 6:00pm	Kettlebells
6:05pm - 6:50pm	Zumba®
6:00pm - 6:45pm	Group Cycling
7:00pm - 8:00pm	Les Mills BodyPump™
7:15pm - 8:00pm	Circuits

Tuesday

8:15am - 9:00am	AquaFit
9:15am - 10:00am	HIIT (Spin)*
9:15am - 10:00am	Zumba®
10:15am - 10:45am	Circuits (Gym)*
10:20am - 11:20am	Circuits (Gentle)
11:30am - 12:30pm	Pilates
5:30pm - 6:15pm	Kettlebells
6:30pm - 7:30pm	Yoga (Yin)

Wednesday

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

Thursday

7:00am - 8:00am	Adult Swimfit
8:00am - 9:00am	Yoga (Vinyasa)
9:15am - 10:00am	AquaFit
9:15am - 10:00am	Les Mills BodyPump™
10:05am - 10:50am	Les Mills BodyBalance™
11:00am - 12:00pm	Circuits (Gentle)
12:00pm - 1:00pm	Pilates (Gentle)
5:20pm - 5:50pm	MX4
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

8:20am - 8:50am	MX4
9:00am - 9:30am	MX4
9:30am - 10:15am	Group Cycling
10:30am - 11:15am	Core & Stretch
5:30pm - 6:15pm	Group Cycling
6:00pm - 6:45pm	Total Body Workout

Saturday

8:30am - 9:30am	Bar & Bell
9:45am - 10:30am	Group Cycling

Sunday

9:30am - 10:15am	Group Cycling
10:30am - 11:30am	Yoga (Yin)

CARDIO	MIND & BODY	DANCE
*From 21st September 2026	STRENGTH & CONDITIONING	CYCLE
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