

GROUP EXERCISE TIMETABLE

TUESDAY 1ST SEPTEMBER - SUNDAY 20TH DECEMBER 2026



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

Monday

7:00am - 7:45am	Legs, Bums & Tums *
7:00am - 8:00am	MyRide™
8:15am - 9:00am	Les Mills BodyPump™
9:15am - 10:00am	Zumba™ *
9:15am - 10:15am	MyRide™
10:30am - 11:30am	Strength & Tone
11:45am-12:45pm	Circuits (Gentle)
5:15pm - 6:15pm	Yoga (Power)
6:30pm - 7:15pm	Group Cycling
6:30pm - 7:15pm	HIIT
7:20pm - 8:05pm	Les Mills Strength Development™

Tuesday

7:00am - 8:00am	MyRide™
9:15am - 10:15am	Group Cycling
9:15am - 10:45am	Yoga (Hatha)
11:00am - 11:45am	Les Mills Shapes™
11:00am - 11:45am	AquaFit
4:00pm - 5:00pm	Circuits (Gentle) *
5:45pm - 6:45pm	Circuits
6:00pm - 6:45pm	Group Cycling
7:00pm - 7:45pm	HIIT
8:00pm - 9:00pm	Tri-Swim

Wednesday

7:00am - 8:00am	MyRide™
8:15am - 9:00am	Pilates
8:45am - 9:30am	AquaFit
9:15am - 10:00am	Les Mills Strength Development™
9:15am - 10:15am	MyRide™
10:30am - 11:30am	Strength & Mobility
10:30am - 11:00am	MX4
4:00pm - 5:00pm	Circuits (Gentle)
5:15pm - 6:15pm	Les Mills BodyPump™
6:15pm - 7:15pm	MyRide™
6:30pm - 7:15pm	Les Mills Shapes™

Thursday

7:00am - 7:45am	Legs, Bums & Tums *
7:00am - 8:00am	MyRide™
9:15am - 10:15am	MyRide™
9:15am - 10:15am	Kettlebells
10:30am - 11:30am	Circuits
12:15pm - 1:15pm	Pilates
1:25pm - 2:10pm	AquaFit
5:45pm - 6:45pm	Circuits
7:00pm - 7:45pm	Total Body Workout

Friday

7:00am - 8:00am	MyRide™
8:15am - 9:00am	Les Mills Shapes™
9:00am - 9:45am	AquaFit (pop-up)
9:15am - 10:15am	Strength & Tone
9:15am - 10:15am	Group Cycling
10:30am - 11:30am	Strength & Mobility (Gentle)
11:00am - 11:30am	MX4
4:00pm - 5:00pm	Circuits (Gentle)
5:00pm - 6:00pm	Adult Swimfit
5:30pm - 6:30pm	Yoga (Yin)

Saturday

9:30am - 10:30am	Bar & Bell
10:00am - 11:00am	MyRide™
10:45am - 11:45am	Circuits (Gentle)

Sunday

9:00am - 9:45am	Les Mills BodyPump™
10:00am - 11:00am	MyRide™
10:00am - 11:30am	Yoga (Restorative)

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



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