

# POP UP TIMETABLE

## Monday 13th / 20th May

18:15 - 19:00 **Body Conditioning**

08:45 - 09:30 **Group Cycling**

## Tuesday 7th / 14th / 21st / 28th May

16:00 - 17:00 **Zumba®**

## Thursday 16th / 23rd May

08:00 - 09:00 **Yoga (Wake Up)**

## Thursday 2nd / 9th / 16th / 23rd / 30th May

07:00 - 08:00 **Group Cycling**

18:45 - 19:45 **Zumba®**

## Friday 3rd / 17th / 24th May

08:00 - 09:00 **Yoga (Wake Up)**

## Friday 3rd / 10th / 17th / 24th / 31st May

18:15 - 19:15 **Group Cycling**

KEY	CARDIO
	MIND & BODY
	DANCE
	STRENGTH & CONDITIONING
	CYCLE

Version 1. Correct at the time of print. All of our timetables are available on our Pembs Leisure 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.