

# GROUP EXERCISE TIMETABLE

MONDAY 28TH APRIL - SUNDAY 20TH JULY 2025



## Monday

8:40AM - 9:25AM **Group Cycling\***  
 9:35AM - 10:20AM **Les Mills BODYPUMP™**  
 10:30AM - 11:15AM **Les Mills Shapes™**  
 12:05PM - 1:05PM **AquaFit**  
 3:45PM - 4:45PM **Circuits (Gentle)**  
 5:00PM - 6:00PM **Kettlebells**  
 5:15PM - 6:15PM **Group Cycling**  
 6:15PM - 7:00PM **Circuits**  
 6:15PM - 7:00PM **Body Conditioning**  
 7:15PM - 8:15PM **Les Mills BODYBALANCE™**

## Tuesday

6:30AM - 7:15AM **HIIT**  
 7:30AM - 8:30AM **Swim Fit**  
 8:25AM - 9:25AM **Suspension Training (TRX®)**  
 9:30AM - 10:15AM **Circuits (Gym)**  
 9:30AM - 10:30AM **BOOTCAMP\***  
 9:30AM - 10:30AM **Group Cycling**  
 10:00AM - 11:00AM **Aqua Therapy**  
 10:35AM - 11:35AM **Les Mills BODYBALANCE™**  
 11:40AM - 12:40PM **Keep Fit (Gentle) (A4L)**  
 12:10PM - 1:10PM **AquaFit**  
 12:50PM - 1:35PM **Zumba®**  
 5:30PM - 6:30PM **Circuits**  
 6:00PM - 7:00PM **Group Cycling**  
 6:45PM - 7:30PM **Les Mills BODYATTACK™**  
 7:35PM - 8:35PM **Yoga (Hatha)**

## Wednesday

6:45AM - 7:30AM **Group Cycling**  
 8:45AM - 9:15AM **Group Cycling\***  
 9:25AM - 10:25AM **Les Mills BODYPUMP™**  
 9:30AM - 10:30AM **Group Cycling (Beginners)**  
 10:30AM - 11:30AM **Chair Based Exercise (A4L)**  
 10:30AM - 11:30AM **Pilaticise**  
 11:35AM - 12:35PM **Total Body Workout**  
 12:25PM - 1:25PM **AquaFit**  
 12:45PM - 1:30PM **Les Mills Strength Development™**  
 5:30PM - 6:15PM **Circuits**  
 6:30PM - 7:15PM **HIIT**  
 7:25PM - 8:10PM **Les Mills BODYBALANCE™**  
 7:30PM - 8:15PM **Adult Swim Lessons (Beginner)**  
 8:15PM - 9:00PM **Adult Swim Lessons (Advanced)**  
 8:45PM - 9:45PM **Adult Swim Fit**

## Thursday

7:00AM - 8:00AM **Group Cycling**  
 7:00AM - 7:30AM **Circuits**  
 8:25AM - 9:25AM **Suspension Training (TRX®)**  
 9:30AM - 10:30AM **Group Cycling**  
 9:30AM - 10:15AM **Les Mills BODYATTACK™**  
 10:20AM - 11:20AM **Pilaticise (Gentle)\***  
 11:25AM - 12:25PM **Keep Fit (Gentle) (A4L)**  
 12:15PM - 12:45PM **Group Cycling\***  
 1:15PM - 2:15PM **Tai Chi Movements for Wellbeing**  
 5:00PM - 6:00PM **Pilaticise**  
 5:45PM - 6:45PM **Group Cycling**  
 6:05PM - 6:50PM **Zumba®**  
 6:10PM - 6:40PM **Ab Blast**  
 7:00PM - 8:00PM **Yoga (Vinyasa)**  
 7:00PM - 7:45PM **Les Mills Shapes™\***

## Friday

7:00AM - 8:00AM **Group Cycling**  
 8:30AM - 9:15AM **Group Cycling**  
 9:20AM - 10:05AM **Les Mills Shapes™**  
 10:10AM - 11:10AM **Les Mills BODYBALANCE™**  
 11:15AM - 12:15PM **Ballroom Dance**  
 12:05PM - 1:05PM **AquaFit**  
 5:30PM - 6:15PM **Les Mills BODYPUMP™**  
 6:30PM - 7:15PM **Adult Swim Lessons (Advanced)\***  
 7:15PM - 8:00PM **Adult Swim Lessons (Intermediate)\***

## Saturday

8:30AM - 9:30AM **HIIT**  
 9:40AM - 10:40AM **Kettlebells**

## Sunday

9:05AM - 09:35AM **Les Mills BODYATTACK™\***  
 9:45AM - 10:30AM **Les Mills BODYPUMP™\***  
 10:40AM - 11:40AM **Les Mills BODYBALANCE™\***

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