

GROUP EXERCISE TIMETABLE

MONDAY 20TH JULY - SUNDAY 30TH AUGUST 2026



Monday

6:30AM - 7:15AM Les Mills BODYPUMP HEAVY
8:30AM - 9:15AM Group Cycling*
9:25AM - 10:10AM Les Mills BODYPUMP™
10:15AM - 11:15AM Suspension Training Pilates (TRX®)*
10:30AM - 11:30AM Chair Based Exercise (A4L)
12:05PM - 1:05PM Aquafit
3:45PM - 4:45PM Circuits (Gentle)
5:00PM - 6:00PM Kettlebells
5:30PM - 6:30PM Group Cycling
5:30PM - 6:15PM Les Mills Shapes™*
6:15PM - 7:00PM Circuits

Tuesday

6:30AM - 7:30AM PLYROX
7:30AM - 8:30AM Adult Swim Fit
8:25AM - 9:25AM Suspension Training (TRX®)
9:30AM - 10:30AM Group Cycling
9:30AM - 10:15AM Les Mills BODYPUMP HEAVY
10:00AM - 11:00AM Aqua Therapy
10:20AM - 11:05AM Les Mills BODYBALANCE™
10:20AM - 10:50AM MX4 (Gym)*
11:10AM - 12:10PM Keep Fit (Gentle) (A4L)*
12:10PM - 1:10PM Aquafit
5:30PM - 6:00PM HIIT
6:10PM - 6:55PM Les Mills BODYPUMP™
6:00PM - 7:00PM Group Cycling
7:05PM - 8:05PM Yoga (Hatha)

Wednesday

8:45AM - 9:15AM Group Cycling
9:25AM - 10:10AM Les Mills BODYPUMP™
9:30AM - 10:30AM Group Cycling (Beginners)
10:20AM - 11:05AM Les Mills Shapes™
10:30AM - 11:30AM Chair Based Exercise (A4L)
11:10AM - 12:10AM Pilaticise
12:25PM - 1:25PM Aquafit
5:00PM - 6:00PM Pilaticise
5:30PM - 6:15PM Circuits
6:05PM - 6:50PM Zumba®
6:55PM - 7:55PM Suspension Training (TRX®)
7:30PM - 8:15PM Adult Swim Lessons (Beginner)
8:15PM - 9:00PM Adult Swim Lessons (Beginner)
8:45PM - 9:45PM Adult Swim Fit

Thursday

7:00AM - 8:00AM Group Cycling
9:15AM - 10:00AM MX4 (Studio)*
9:30AM - 10:30AM Group Cycling
10:05AM - 11:05AM Keep Fit (Gentle) (A4L)
1:15PM - 2:15PM Tai Chi Movements for Wellbeing
5:45PM - 6:45PM Group Cycling
5:30PM - 6:15PM Les Mills BODYPUMP HEAVY
6:25PM - 7:25PM Les Mills BODYBALANCE™
6:45PM - 7:45PM PLYROX

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 Strictly Fitsteps™
12:05PM - 1:05PM Aquafit
6:00PM - 7:00PM Yoga (Yin)*
6:30PM - 7:15PM Adult Swim Lessons (Advanced)
7:15PM - 8:00PM Adult Swim Lessons (Intermediate)

Saturday

9:40AM - 10:40AM Kettlebells
10:50AM - 11:50AM Yoga (Hatha)

Sunday

9:00AM - 10:00AM Adult Swim Fit
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 <u>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