

Group Exercise Timetable Commencing 08.04.24

Monday

7:00am - 8:00am	MyRide
9:00am - 10:00am	Pilates
9:15am - 10:15am	MyRide
10:15am - 11:15am	Strength & Tone
5:15pm - 6:15pm	Yoga (Power)
6:15pm - 7:15pm	Group Cycling
6:30pm - 7:15pm	Gentle Pilates (A4L)
7:15pm - 8:15pm	Pilates

Tuesday

7:00am - 8:00am	MyRide
8:45am - 9:30am	Aqua Fit
9:15am - 10:15am	Group Cycling
9:30am - 11:00am	Yoga (Hatha)
5:45pm - 6:45pm	Circuits
6:45pm - 7:45pm	Kettlebells
8:00pm - 9:00pm	Tri-Swim

Wednesday

7:00am - 8:00am	MyRide
8:45am - 9:30am	Aqua Fit
9:15am - 10:15am	Circuits
9:15am - 10:15am	MyRide
10:30am - 11:30am	Strength & Mobility
10:30am - 11:00am	Omnia
5:00pm - 5:45pm	Breathing Exercises & Meditation
6:15pm - 7:15pm	Group Cycling
6:30pm - 7:30pm	Zumba
7:30pm - 8:15pm	Legs, Bums & Tums

Thursday

7:00am - 8:00am	MyRide
9:10am - 9:55am	Aqua Fit
9:15am - 10:15am	MyRide
9:15am - 10:15am	Kettles & Core
10:30am - 11:30am	Zumba
11:40am - 12:40pm	Pilates
5:45pm - 6:45pm	Barbell Circuits
7:00pm - 7:45pm	HIIT

Friday

7:00am - 8:00am	MyRide
9:15am - 10:15am	Strength & Tone
9:15am - 10:00am	Group Cycling
10:30am - 11:00am	Omnia
10:30am - 11:30am	Gentle Strength & Mobility (A4L)
5:00pm - 6:00pm	Adult Swimfit
5:00pm - 6:00pm	Yoga (Yin)
6:15pm - 7:00pm	HIIT

Saturday

9:30am - 10:30am	Circuits
10:00am - 11:00am	MyRide
10:45am - 11:45am	Gentle Circuits (A4L)
12:00pm - 1:00pm	Senior Self Defence (A4L)

Sunday

10:00am - 11:30am	Yoga (Yin & Meditation)
10:00am - 11:00am	MyRide

Key	Cardio
	Dance
	Mind & Body
	Strength & Conditioning
	Cycle

(A4L) – Active 4 Life



Version 1. Correct at the time of print.

All of our timetables are available on our website and the Pembs Leisure App.

This item is also available in Welsh/Mae'r eitem hon ar gael yn Gymraeg hefyd. For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokehire County Council on 01437 764551.

Booking and Cancellation Policy Applies.