

Group Exercise Timetable

Monday April 8th - Sunday June 2nd 2024

Monday

7.45am – 8.45am Pilates (Fitness)
 12.45pm – 1.45pm Chair Based Exercise (A4L)
 5.30pm – 6.30pm Yoga (Hatha)
 5.45pm – 6.15pm Synrgy
 6.00pm – 7.00pm Circuits
 6.45pm – 7.30pm Hoopacise
 7.00pm – 8.00pm Group Cycling 🔄

Tuesday

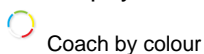
8.15am – 9.15am Aquafit
 9.30am – 10.00am Synrgy
 9.30am – 10.30am Yoga (Flow) *Course NEW
 10.30am – 11.30am Yoga (Gentle) *Course NEW
 2.30pm – 3.30pm Pilates
 5.15pm – 6.15pm Bar & Bell
 6.00pm – 6.45pm Complete Beginners
 Group Cycling 🔄
 6.25pm – 7.10pm HIIT (Step)
 7.00pm – 7.45pm Group Cycling 🔄
 7.00pm – 7.45pm Improver Swimming lessons
 8.00pm – 9.00pm Aquafit

Wednesday

7.30am – 8.00am Synrgy
 9.15am – 10.00am Group Cycling 🔄
 12.00pm – 12.30pm Synrgy
 1.00pm – 2.00pm Core Strength & Balance (A4L)
 Circuits (Gentle)
 2.30pm – 3.30pm Pilates
 5.30pm – 6.30pm Total Body Workout
 6.05pm – 6.50pm Step Aerobics
 6.35pm – 7.20pm
 7.00pm – 8.00pm Group Cycling 🔄

Please note

Book & pay in advanced is advisable.



(A4L) – Active for Life scheme

Thursday

7.00am – 8.00am Pilates *NEW
 9.30am – 10.00am Synrgy
 10.00am – 10.30am Synrgy
 11.45am – 12.45pm Aquafit
 12.30pm – 1.30pm Leisure Club
 1.00pm – 5.00pm Bi-Weekly Walks
 1.30pm – 2.30pm Yoga & Play *Course (term time)
 5.30pm – 6.15pm Legs, Bums & Tums
 6.00pm – 6.30pm Synrgy
 6.20pm – 7.20pm Yoga (Hatha)
 6.00pm – 7.00pm Group Cycling
 7.00pm – 8.00pm Female only gym
 7.15pm – 8.00pm Complete Beginner
 Swimming Lessons

Friday

8.00am – 8.45am Core Strength & Balance
 9.15am – 10.00am Group Cycling 🔄
 5.00pm – 6.00pm Pilates
 6.05pm – 7.05pm Pilates

Saturday

9.00am – 9.30am Synrgy
 9.00am – 10.00am Yoga (Hatha)



Key	Cardio
	Strength & Balance
	Mind & Body
	Cycle
	Dance

For a copy in large print, Braille, audio tape or an alternative language, please call: 01437 764551

Version 1 08/04/2024 Correct at time of print
 This item is also available in Welsh/ Mae'r eitem hon ar gael yn Gymraeg hefyd.

Book your space online or using our Pembs Leisure app