

# TENBY LEISURE CENTRE

## Group Exercise Timetable

### Commencing 1<sup>st</sup> November 2021



#### Monday

0915 - 1015 MyRide  
 1130 - 1230 Strength & Tone  
 1730 - 1830 Yoga (Power)  
 1830 - 1930 Group Cycling  
 1900 - 2000 Kettlebells

#### Tuesday

0700 - 0800 MyRide  
 0800 - 0900 Pilates  
 0915 - 1015 Group Cycling  
 0930 - 1100 Yoga (Hatha)  
 1000 - 1045 Aqua Fit  
 1130 - 1230 Barbell Circuits  
 1730 - 1830 Bar & Bell  
 1800 - 1900 Group Cycling  
 1900 - 2000 Zumba  
 2015 - 2115 Tri-Swim

#### Wednesday

0715 - 0800 HIIT & Core  
 0915 - 1015 MyRide  
 1100 - 1200 Step Fit (A4L)  
 1730 - 1830 Later Life Pilates (A4L)  
 1815 - 1915 Group Cycling  
 1900 - 2000 Pilates

#### Thursday

0700 - 0800 MyRide  
 0930 - 1030 Group Cycling  
 1000 - 1045 Aqua Fit  
 1100 - 1200 Zumba  
 1800 - 1930 Yoga (Hatha)  
 1830 - 1930 Group Cycling

#### Friday

0915 - 1015 MyRide  
 0915 - 1015 Legs, Bums & Tums  
 1045 - 1145 Gentle Strength & Mobility  
 1800 - 1900 Swimfit  
 1815 - 1900 HIIT

#### Saturday

0800 - 0900 MyRide  
 0930 - 1030 Circuits

#### Sunday

1015 - 1115 MyRide

A4L – Active 4 Life



<b>KEY</b>	<b>CARDIO</b>
	<b>DANCE</b>
	<b>MIND &amp; BODY</b>
	<b>STRENGTH &amp; CONDITIONING</b>
	<b>CYCLE</b>

*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 Pembrokeshire County Council on 01437 764551.

**Booking and Cancellation Policy Applies.**

Tenby Leisure Centre 01437 775678

[WWW.PEMBROKESHIRE.GOV.UK/LEISURE](http://WWW.PEMBROKESHIRE.GOV.UK/LEISURE)