

## Group Exercise Timetable Commencing 30<sup>th</sup> August 2021

### Monday

0700 - 0730	Group Cycling
0930 - 1030	Body Pump
1715 - 1815	Zumba
1830 - 1900	Group Cycling
1900 - 2000	Les Mills BodyPump
1930 - 2000	Metafit

### Tuesday

0800 - 0845	Aqua Fit
0930 - 1030	Gentle Circuits (A4L)
1100 - 1200	Pilates (A4L)
1230 - 1330	Let's Get Active**
1745 - 1845	Group Cycling
1800 - 1830	Kettlebell HIIT
1900 - 2000	Vinyasa Yoga

### Wednesday

1745 - 1845	Circuits
1800 - 1900	Legs, Bums & Tums
1900 - 1945	Group Cycling
1930 - 2000	Metafit

### Thursday

0800 - 0845	Aqua Fit
0900 - 0945	Aqua Fit
0930 - 1030	Les Mills BodyPump
1100 - 1200	Beginners Circuits (A4L)
1715 - 1815	Gentle Pilates (A4L)
1730 - 1830	Zumba
1845 - 1945	Les Mills BodyPump
1900 - 1945	Group Cycling Abs and Arms

### Friday

1115 - 1200	Beginners Group Cycling
1730 - 1815	Group Cycling

### Saturday

0830 - 0930	Studio Circuits
1000 - 1045	Group Cycling

### Sunday

0930 - 1015	Group Cycling
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A4L – Active 4 Life

Sessions may vary on 30.08.21 due to the bank holiday.

KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	CYCLE



*Version 1. Correct at the time of print.*

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

**\*\*Suitable for adults with learning difficulties\*\***

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.**