

Group Cycling &

Monday

0600-0630 Studio Fast 2
0800-0830 Tour Fast 8
0930-1015 Group Cycling
1100-1130 Tour Fast 7
1215-1245 Group Cycling
1400-1500 Studio 2
1625-1655 Tour Fast 5
1730-1800 Group Cycling (Commences from 25th October)
1900-1945 Tour 7

Tuesday

0600-0630 Tour Fast 3
0800-0830 Studio Fast 2
0930-1030 Group Cycling
1100-1130 Studio Fast 4
1400-1500 Tour 3
1550-1620 Tour Fast 5
1730-1830 Group Cycling
1900-2000 Studio 4

Wednesday

0600-0630 Tour Fast 1
0800-0845 Tour 6
0930-1030 Group Cycling
1100-1130 Tour Fast 6
1230-1300 Studio Fast 3
1400-1500 Studio 1
1700-1730 Tour Fast 8
1900-2000 Tour 3

Thursday

0600-0645 Tour 5
0800-0830 Studio Fast 4
0930-1030 Group Cycling
1100-1130 Studio Fast 2
1230-1300 Tour Fast 5
1400-1500 Tour 4
1550-1620 Tour Fast 6
1730-1830 Group Cycling
1900-2000 Group Cycling

Friday

0600-0630 Studio Fast 3
0700-0730 HIIT Spin
0800-0830 Tour Fast 2
1000-1100 Group Cycling
1230-1300 Tour Fast 8
1400-1500 Tour 2
1625-1655 Studio Fast 4
1800-1900 Tour 4

Saturday

0930-1000 Tour Fast 1
1100-1200 Studio 3

Sunday

0900-0945 Tour 6
1100-1130 Studio Fast 1



All of our timetables are available on our website and the Pembs Leisure App. For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551.