

Group Exercise Timetable

Monday

0930-1030 **HIIT**
 1100-1200 **Les Mills Body Balance**
 1230-1330 **Yoga (Hatha)**
 1415-1500 **Aqua Fit**
 1700-1745 **Kettlebells**
 1745-1845 **Circuits (TM)***
 1900-2000 **Cycling**

Tuesday

0700-0800 **Group Cycling**
 0745-0830 **Adult Swim Fit**
 0915-1000 **Les Mills Body Pump**
 1030-1130 **Pilaticise**
 1200-1300 **Gentle Keep Fit (A4L)***
 1700-1745 **Group Cycling**
 1730-1830 **Circuits (TM)***
 1830-1930 **Strictly Fitsteps****

Wednesday

0915-1015 **Les Mills Body Attack**
 1045-1145 **Pilaticise**
 1700-1745 **Les Mills Body Pump**
 1815-1915 **Les Mills Body Balance**
 2045-2130 **Adult Advanced Swimming Lessons**
 2045-2130 **Adult Swim Fit**

Thursday

0700-0730 **Circuit Blast**
 0930-1030 **Boxfit**
 1100-1200 **Yoga (Vinyasa Flow)**
 1300-1400 **Let's Get Active*****
 1430-1515 **Aqua Fit**
 1830-1930 **Group Cycling**

Friday

0700-0800 **Group Cycling**
 0915-1015 **Core & Conditioning**
 1045-1145 **Strictly Fitsteps****
 1215-1315 **F.I.T (A4L)***

Saturday

0900-1000 **Les Mills Body Attack**



KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	CYCLE

(TM) Located at Tasker Milward Dome
 (A4L)* Active for Life*

*** Finishes week commencing 9th August*

**** Suitable for adults with learning disabilities ****

**All of our timetables are available on our website and the Pembs Leisure App.
 This item is also available in Welsh.**

**For a copy in large print, easy-read, Braille, audio, or an alternative language,
 please contact Pembrokeshire County Council on 01437 764551.**