

GROUP EXERCISE TIMETABLE

MONDAY 13TH APRIL - SUNDAY 19TH JULY 2026



Monday

6.00am - 6.45am **Total Body Workout**
 7.45am - 8.45am **Pilates (Fitness)**
 12.45pm - 1.45pm **Chair Based Exercise (A4L)**
 2.15pm - 2.45pm **MX4**
 5.30pm - 6.30pm **Yoga (Hatha)**
 6.00pm - 7.00pm **Circuits**
 6.35pm - 7.20pm **Yoga (Hatha)**
 7.00pm - 8.00pm **Group Cycling**

Thursday

7.00am - 8.00am **Pilates**
 9.15am - 9.45am **MX4**
 9.45am - 10.15am **MX4**
 11.30am - 12.30pm **Leisure Badminton**
 11.30am - 12.30pm **Aquafit**
 5.30pm - 6.15pm **Legs, Bums & Tums**
 6.00pm - 7.00pm **Group Cycling**
 6.15pm - 6.45pm **MX4**
 6.20pm - 7.20pm **Yoga (Hatha)**
 7.00pm - 8.00pm **Female only gym**

Tuesday

8.15am - 9.15am **Aquafit**
 9.00am - 9.30am **MX4**
 9.30am - 10.00am **MX4**
 2.30pm - 3.30pm **Pilates**
 6.00pm - 7.00pm **Group Cycling**
 6.10pm - 6.55pm **Dancercise**
 6.30pm - 7.15pm **Total Strength***
 7.00pm - 7.45pm **Swimming Lessons (Improvers)**
 7.10pm - 7.55pm **Group Cycling (Beginners)**

Friday

8.00am - 8.45am **Core Strength & Balance**
 9.15am - 9.45am **MX4**
 9.15am - 10.00am **Group Cycling**
 12.00pm - 12.30pm **MX4**
 5.00pm - 6.00pm **Pilates**
 6.05pm - 7.05pm **Pilates**

Wednesday

12.00pm - 12.30pm **MX4**
 2.30pm - 3.30pm **Circuits (Gentle)**
 5.30pm - 6.30pm **Pilates**
 6.00pm - 7.00pm **Group Cycling**
 6.05pm - 6.50pm **Total Body Workout**

Saturday

8.45am - 9.15am **MX4**
 9.00am - 10.00am **Yoga (Hatha)**
 9.15am - 9.45am **MX4**

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
COACH BY COLOUR	* NEW/UPDATED	
Although not essential, we would recommend booking to guarantee your space		



ALL TIMETABLES ARE AVAILABLE ON OUR 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