

Monday	
6.00am - 6.15pm	Open Session
7.00pm - 8.00pm	Group Cycling Class

Thursday	
8.00am - 6.15pm	Open Session
7.00pm - 8.00pm	Advanced Group Cycling Class

Tuesday	
9.00am - 6.00pm	Open Session
6.15pm - 7.00pm	Functional Fit Class
7.15pm - 8.30pm	Open Session

Friday	
6.10am - 6.55am	Functional Fit Class
7.15am - 8.00pm	Open Session

Wednesday	
6.45am - 7.30am	Group Cycling Class
8.30am - 9.00pm	Open Session

Saturday	
8.30am - 1.30pm	Open Session

Sunday	
8.30am - 12.30pm	Open Session

Open Sessions - Will require a Gym induction with Pembrokeshire Leisure

Classes - The room will be closed to the general public during these times. You can book the classes on the website, through our App or by phone.