

Group Exercise Timetable Commencing 11th October 2021

Monday

0630-0715 **HIITSTEP** *NEW*
 0745-0845 **Pilaticise** *Day Change*
 0930-1015 **Les Mills Body Pump** *Day Change*
 0930-1015 **Group Cycling** *NEW*
 1000-1100 **Let's Get Active**** *Day Change*
 1030-1115 **Yoga (Hatha)**
 1130-1215 **Circuits** (Commences from 25th October) *NEW*
 1200-1245 **Aqua Fit**
 1215-1245 **Group Cycling** *NEW*
 1700-1800 **Kettlebells**
 1730-1815 **Circuits (TM)***
 1730-1800 **Group Cycling** (Commences 25th October) *NEW*
 1815-1845 **HIIT** (Commences 25th October) *NEW*

Tuesday

0700-0730 **Circuits** (Commences 19th October) *NEW*
 0700-0800 **Wake Up Yoga** *NEW*
 0745-0830 **Adult Swim Fit**
 0930-1030 **HIIT** *Day Change*
 0930-1030 **Group Cycling** *NEW*
 1030-1130 **Les Mills Body Balance** *Day Change*
 1130-1230 **Gentle Keep Fit (A4L)** *Day Change*
 1200-1245 **Aqua Fit** *Day Change*
 1700-1745 **TRX** *NEW*
 1730-1815 **Circuits (TM)***
 1730-1830 **Group Cycling** *NEW*
 1800-1900 **Strictly Fitsteps**

Wednesday

0700-0745 **HIITCARDIO** *NEW*
 0930-1030 **Les Mills Body Attack**
 0930-1030 **Group Cycling** *NEW*
 1030-1130 **Pilaticise**
 1130-1230 **Total Body Sculpt** *NEW*
 1715-1800 **Les Mills Body Pump**
 1815-1915 **Les Mills Body Balance**
 2045-2130 **Adult Advanced Swimming Lessons**
 2045-2130 **Adult Swim Fit**

Thursday

0700-0730 **Circuits**
 0930-1030 **Boxfit**
 0930-1030 **Group Cycling** *NEW*
 1030-1130 **F.I.T (A4L)**
 1700-1800 **Pilaticise**
 1730-1830 **Group Cycling**
 1815-1915 **Aero Bounce** *NEW*
 1900-2000 **Group Cycling** *NEW*
 1930-2030 **Circuits** *NEW*

Friday

0700-0730 **HIIT Spin**
 0730-0830 **Wake Up Yoga** *NEW*
 0930-1030 **Core & Conditioning**
 1000-1100 **Group Cycling** *NEW*
 1030-1130 **Strictly Fitsteps**
 1130-1230 **Les Mills Body Balance** *NEW*
 1200-1245 **Aqua Fit**
 1715-1750 **HIITCARDIO** *NEW*
 1730-1815 **Circuits (TM)***
 1800-1835 **HIITSTEP** *NEW*
 1845-1930 **Hoopacise** *NEW*

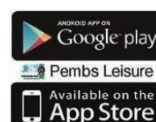
Saturday

0830-0915 **HIIT** *NEW*
 0925-1010 **TRX** *NEW*

Sunday

1100-1200 **Les Mills BodyBalance**

KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	CYCLE



Version 4

(TM) Located at Tasker Milward Dome*

*** 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 Pembroke County Council on 01437 764551.