

Group Exercise Timetable

Commencing Tuesday May 4th 2021

Monday *

0745 – 0845 Fitness Pilates
1800 – 1900 Bodyweight Circuits (outdoors)
1915 – 2015 Spin 4 All

Tuesday

0930 – 1030 Aqua Fit
1430 – 1530 Pilates
1745 – 1830 Kettlebells
1900 – 1945 Beginners Spin
1915 – 2000 Improver Swimming Lessons


Wednesday

1430 – 1515 Keep Fit
1730 – 1830 Cardio & Kettles (outdoors)
1800 – 1845 Pilates
1845 – 1945 Spin 4 All
1900 – 1945 Body Conditioning

Please note

Book & pay in advanced
Timetable subject to regular review and change.

* There will be no classes on Bank Holiday Monday
May 3rd

 Coach by colour

For a copy in large print, Braille, audio tape or
an alternative language, please call:

01437 764551

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Thursday

1730 – 1800 Spring Fit
1800 – 1900 Spin 4 All
1915 – 2000 Bootcamp (outdoors)
1915 – 2000 Beginner Swimming Lessons

Friday

0800 – 0845 Strength & Balance
1700 – 1745 Pilates
1800 – 1845 Pilates
1915 – 2000 HIIT Step

Saturday

0900 – 0945 Bodyweight Circuit

Sunday

0915 – 0945 HIIT Spin
1000 – 1045 HIIT Cardio

K E Y	CARDIO
	STRENGTH & CONDITIONING
	MIND & BODY
	CYCLE
	DANCE

Book your space online or using our Pembs Leisure app