

# POP-UP GROUP EXERCISE TIMETABLE

MAY 2026



<b>Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup></b>	10:45AM	-	11:30AM	<b>Zumba®</b>
<b>Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup></b>	12:30PM	-	13:30PM	<b>Tai Chi Movements for Wellbeing</b>
<b>Tuesday 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup></b>	7:00PM	-	7:45PM	<b>Aqua Zumba®</b>
<b>Thursday 7<sup>th</sup>, 14<sup>th</sup></b>	11:30AM	-	12:00PM	<b>MX4 (Gym)</b>
<b>Friday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup></b>	7:35PM	-	8:05PM	<b>Yoga (Nidra)</b>

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](tel:01437764551)