



Monday

0600-0630 Tour Fast 3
0730-0830 Studio 2
0930-1015 Tour 3
1130-1230 Studio 3
1330-1415 Tour 5
1500-1600 Tour Fast 8 & Studio Fast 2
1700-1800 Studio 4

Tuesday

0930-1030 Tour 4
1230-1300 Studio 1
1400-1500 Tour Fast 6 & Studio Fast 1
1545-1630 Tour 8
1830-1930 Studio 2
2015-2045 Tour Fast 1

Wednesday

0600-0630 Studio Fast 4
0730-0830 Tour 3
0930-1015 Studio 4
1130-1230 Tour 1
1330-1415 Tour 7
1500-1600 Studio 3
1700-1800 Tour Fast 7 & Studio Fast 3

Thursday

0600-0630 Tour Fast 4
0730-0830 Studio 1
0930-1030 Tour 2
1230-1300 Studio Fast 2
1400-1500 Tour 3
1545-1630 Tour 6
1715-1800 Tour 5
2015-2045 Studio Fast 1

Friday

0930-1030 Studio 3
1130-1230 Tour Fast 5 & Studio Fast 2
1330-1415 Tour 8
1500-1600 Studio 2
1700-1800 Tour 4
1900-1945 Tour 7

Saturday

0830-0915 Tour 5
1000-1100 Tour Fast 8 & Studio Fast 4
1200-1230 Studio Fast 3

Sunday

0930-1030 Studio 2
1115-1200 Tour 6



All of our timetables are available on our website and the Pembs Leisure App. For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551.