

# POP-UP GROUP EXERCISE TIMETABLE

JUNE 2026



**Tuesday** 2<sup>nd</sup>, 10:45AM  
16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

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11:30AM

**Zumba®**

**Tuesday** 2<sup>nd</sup>, 12:30PM  
9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

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13:30PM

**Tai Chi Movements  
for Wellbeing**

**Tuesday** 2<sup>nd</sup>, 7:00PM  
9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

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7:45PM

**Aqua Zumba®**

**Thursday** 11:30AM  
4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

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12:00PM

**MX4 (Gym)**

**Friday** 5:30PM  
12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, 5<sup>th</sup>

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6:30PM

**Circuits**

**Friday** 7:35PM  
12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, 5<sup>th</sup>

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8:05PM

**Yoga (Nidra)**

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)