

Group Exercise Timetable

Commences 1st September 2020

Monday

0630 – 0700 Les Mills GRIT
0915 – 1000 Les Mills Body Pump
0900 – 1000 Aquafit
1745 – 1815 Les Mills Body Pump Express
1745 – 1815 Express Spin
1830 – 1915 Les Mills Body Attack
1930 – 2015 Retro Aerobics

Tuesday

0630 – 0700 Les Mills GRIT
0700 – 0730 Express Spin
0915 – 0945 Les Mills Body Pump Express
1000 – 1030 Les Mills Body Attack Express
1045 – 1130 Legs Bums & Tums
1745 – 1815 Les Mills Body Pump Express
1745 – 1815 Express Spin
1830 – 1915 Les Mills Body Balance

Wednesday

0630 – 0700 Les Mills GRIT
0915 – 0945 Express Spin
1000 – 1045 Les Mills Body Balance
1200 – 1245 Pilates
1745 – 1815 Les Mills GRIT
1830 – 1915 Les Mills Body Pump
1930 – 2015 Core Balance

Thursday

0630 – 0700 Les Mills GRIT
0700 – 0730 Express Spin
1745 – 1815 Les Mills GRIT
1830 – 1915 Les Mills Body Attack

Friday

0630 – 0700 Les Mills GRIT
0815 – 0900 Pilates
0930 – 1015 Les Mills Body Attack
1630 – 1715 Les Mills Body Balance
1745 – 1815 Les Mills Body Pump Express
1830 – 1915 Interval Step

Saturday

0830 – 0915 P90X

Sunday

0830 – 0915 Les Mills Mix
1000 – 1045 Core Balance

For a copy in large print, Braille, audio tape or an alternative language, please call: 01437 776455

Booking & Cancellation Policy Applies



K E Y	CARDIO
	STRENGTH & CONDITIONING
	MIND & BODY
	CYCLE

This timetable is subject to change. For the most up to date version refer to our website and the Pembs Leisure App.

All sessions must be booked and paid for in advance using our app or website.