

Group Exercise Timetable

Commencing Monday 5th October 2020

Monday

0830-0930 Pilates
1130-1230 Stretch & Tone
1800-1900 Yoga (Power)
1915-2015 Spin
1930-2030 Zumba

Tuesday

0915-1000 Aqua-Fit
0930-1100 Yoga (Hatha)
0945-1045 Spin
1745-1845 Bar & Bell
1800-1900 Spin
2015-2100 Adult Swimming Coaching

Wednesday

1800-1900 Pilates
1815-1915 Spin

Thursday

0915-1000 Aqua-Fit
0930-1030 Spin
1800-1930 Yoga (Hatha)
1915-2000 Spin

Friday

0915-1015 Spin
0930-1030 Legs, Bums & Tums
1315-1400 Strength & Mobility
1800-1845 Swim-fit

Saturday

0715-0815 MyRide
0930-1030 Circuits

Sunday

1015-1115 MyRide

KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	CYCLE



Version 1. Correct at the time of print.

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.