

# GROUP EXERCISE TIMETABLE

## 06TH MAY - 21ST JULY 2024

### Monday

06:30 - 07:05 **HIIT™ (Step)**  
 07:15 - 08:00 **HIIT (Spin)**  
 09:35 - 10:20 **Les Mills BODYPUMP™**  
 10:25 - 11:25 **Les Mills BODYBALANCE™**  
 12:05 - 13:05 **Aquafit**  
 12:15 - 12:45 **Yoga (Vinyasa)\***  
 12:50 - 13:20 **Yoga (Nidra)\***  
 15:45 - 16:45 **Circuits (Gentle)\***  
 17:00 - 18:00 **Kettlebells**  
 17:15 - 18:15 **Group Cycling**  
 18:15 - 19:00 **Circuits**  
 19:05 - 20:05 **Les Mills BODYBALANCE™\***  
 19:15 - 20:15 **Zumba®**

### Tuesday

06:30 - 07:15 **Strength & Tone**  
 07:30 - 08:30 **Swim Fit**  
 08:30 - 09:30 **Suspension Training (TRX®)**  
 09:30 - 10:15 **Circuits (Gym)\***  
 09:30 - 10:30 **CardioBox\***  
 09:30 - 10:30 **Group Cycling**  
 10:00 - 11:00 **Aqua Therapy**  
 10:35 - 11:35 **Les Mills BODYBALANCE™**  
 11:40 - 12:40 **Keep Fit (Gentle) (A4L)**  
 12:00 - 13:00 **Aquafit (Advanced)**  
 12:15 - 12:45 **Group Cycling\***  
 17:30 - 18:30 **Circuits**  
 18:00 - 19:00 **Group Cycling**  
 18:45 - 19:45 **Kettlebells**  
 19:00 - 20:00 **Yoga (Hatha)**  
 20:05 - 20:35 **Yoga (Nidra)\***

### Wednesday

06:30 - 07:00 **HIIT™ (Cardio)**  
 07:15 - 08:00 **HIIT (Spin)**  
 09:25 - 10:25 **Yoga (Hatha)**  
 09:25 - 10:25 **Les Mills BODYPUMP™**  
 09:30 - 10:15 **Circuits (Gym) (Ladies)\***  
 09:30 - 10:30 **Group Cycling (Beginners)**  
 10:30 - 11:30 **Chair Based Exercise (A4L)**  
 10:30 - 11:30 **Pilaticise**  
 11:35 - 12:35 **Total Body Workout**  
 11:35 - 12:35 **Mind & Body (Gentle)**  
 12:25 - 13:25 **Aquafit**  
 12:45 - 13:15 **Zumba®\***  
 17:30 - 18:15 **Circuits**  
 17:45 - 18:30 **HIIT (Spin)**  
 18:30 - 19:15 **HIIT™ (Step)\***  
 18:35 - 19:20 **Les Mills BODYBALANCE™**  
 19:20 - 20:05 **Group Cycling\***  
 19:25 - 20:10 **HIIT (Strength)\***  
 19:30 - 20:15 **Adult Swim Lessons (Beginner)**  
 20:15 - 21:00 **Adult Swim Lessons (Advanced)**  
 20:45 - 21:45 **Adult Swim Fit**

### Thursday

07:00 - 07:30 **Circuits**  
 08:30 - 09:30 **Suspension Training (TRX®)**  
 09:30 - 10:30 **Group Cycling**  
 09:30 - 10:15 **HIIT\***  
 10:20 - 11:20 **Pilaticise**  
 11:25 - 12:25 **Keep Fit (Gentle) (A4L)**  
 12:40 - 13:10 **Circuits\***  
 13:15 - 14:15 **Tai Chi Movements for Wellbeing**  
 17:00 - 18:00 **Pilaticise**  
 17:45 - 18:45 **Group Cycling**  
 18:10 - 18:40 **Ab Blast\***  
 18:05 - 19:20 **Yoga (Hatha)**  
 19:05 - 20:05 **Group Cycling**

### Friday

07:00 - 08:00 **HIIT (Spin)**  
 09:00 - 09:45 **Group Cycling**  
 09:50 - 10:35 **Body Conditioning**  
 10:40 - 11:40 **Strictly Fitsteps®**  
 10:35 - 11:35 **Les Mills BODYBALANCE™**  
 12:05 - 13:05 **Aquafit**  
 12:30 - 13:00 **Kettlebells\***  
 17:15 - 18:15 **Yoga (Yin)\***  
 17:15 - 18:00 **Les Mills BODYPUMP™\***  
 18:15 - 19:00 **HIIT™ (Step)\***  
 19:10 - 20:05 **HIIT (Strength)\***  
 19:15 - 20:00 **Adult Swim Lessons (Advanced)\***

### Saturday

08:30 - 09:30 **HIIT™ (Step)**  
 09:45 - 10:45 **HIIT™ (Cardio)**

### Sunday

11:00 - 12:00 **Les Mills BODYBALANCE™**

|     |                        |                            |       |
|-----|------------------------|----------------------------|-------|
| KEY | CARDIO                 | MIND & BODY                | DANCE |
|     | (A4L)<br>ACTIVE 4 LIFE | STRENGTH &<br>CONDITIONING | CYCLE |
|     | NEW/UPDATED            |                            |       |

Version 2: Correct at the time of print. F130  
 All timetables are available on our Pems Leisure 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