

Group Cycling &

Monday

6:30am – 7:15am Tour 8
7.15am – 8.00am HIIT Spin
8:00am – 8:30am Studio Fast 1
9:30am – 10:15am Group Cycling
11:00am – 11:30am Studio Fast 4
12:00pm – 12:30pm Tour Fast 1
3:30pm – 4:30pm Studio 3
5:30pm – 6:00pm Group Cycling
7:00pm – 8:00pm Tour 3

Tuesday

6:30am – 7:15am Tour 5
8:00am – 8:30am Studio Fast 3
9:30am – 10:30am Group Cycling
11:00am – 11:30am Tour Fast 7
12:00pm – 12:30pm Studio Fast 2
3:30pm – 4:30pm Tour 1
5:45pm – 6:45pm Group Cycling
7:00pm – 8:00pm Studio 4

Wednesday

6:30am – 7:00am Studio Fast 1
7.15am – 8.00am HIIT Spin
8:00am – 8:30am Tour Fast 2
9:30am – 10:30am Group Cycling
11:00am – 11:30am Studio Fast 2
12:00pm – 12:30pm Tour Fast 6
3:30pm – 4:30pm Tour 4
5:30pm – 6:30pm Tour 1 (commences from 16th March)
7:00pm – 8:00pm Tour 2

Thursday

6:30am – 7:00am Tour Fast 5
8:00am – 8:30am Tour Fast 7
9:30am – 10:30am Group Cycling
11:00am – 11:30am Tour Fast 3
12:00pm – 12:30pm Studio Fast 1
3:30pm – 4:30pm Tour 2
5:45pm – 6:45pm Group Cycling
7:00pm – 8:00pm Group Cycling

Friday

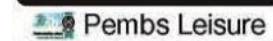
7:00am – 7:45am HIIT Spin
8:00am – 8:30am Tour Fast 7
10:00am – 11:00am Group Cycling
12:00pm – 12:30pm Tour Fast 4
3:30pm - 4:30pm Tour 4
5:30pm – 6:30pm Tour 1
7:00pm – 8:00pm Studio 3

Saturday

9:00am – 9:45am Tour 5
12:00pm – 12:30pm Tour Fast 3

Sunday

9:00am – 9:45 Tour 6
12:00pm – 12:30pm Tour 8



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.