

PEMBROKE LEISURE CENTRE



Group Exercise Timetable Commencing 4th January 2022

Monday

0930 - 1030 Les Mills Body Pump
1745 - 1815 Kettlebell HIIT
1830 - 1900 Group Cycling
1900 - 2000 Les Mills BodyPump
1930 - 2000 Metafit

Tuesday

0800 - 0845 Aqua Fit
0930 - 1030 Gentle Circuits (A4L)
1100 - 1200 Pilates (A4L)
1230 - 1330 Let's Get Active
1745 - 1845 Group Cycling
1715 - 1815 Zumba
1900 - 2000 Vinyasa Yoga

Wednesday

0815 - 0900 Aqua Fit
0915 - 1000 Kettlebell
1745 - 1845 Circuits
1800 - 1900 Legs, Bums & Tums
1900 - 1945 Group Cycling
1930 - 2000 Metafit

Thursday

0815 - 0900 Aqua Fit
0915 - 1000 Aqua Fit
0930 - 1030 Les Mills BodyPump
1100 - 1200 Beginners Circuits (A4L)
1715 - 1815 Gentle Pilates (A4L)
1845 - 1945 Les Mills BodyPump
1900 - 1945 Group Cycling Abs and Arms

Friday

0930 - 1015 Beginners Group Cycling
1030 - 1115 Core and Stretch
1730 - 1815 Group Cycling
1830 - 1930 Vinyasa Yoga

Saturday

0830 - 0930 Studio Circuits
1000 - 1045 Group Cycling

Sunday

0930 - 1015 Group Cycling

A4L – Active 4 Life



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.

This item is also available in Welsh/Mae'r eitem hon ar gael yn Gymraeg hefyd.
For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact
Pembrokeshire County Council on
01437 764551.

Booking and Cancellation Policy Applies.

Pembroke Leisure Centre 01437 776660

WWW.PEMBROKESHIRELEISURE.CO.UK

