



Group Exercise Timetable

Monday

0930 – 1030	Body Pump
1700 – 1800	Yoga Sculpt
1730 – 1800	Beginners Spin
1800 – 1900	Spin & HIIT
1805 – 1905	Zumba
1900 – 2030	Triple Tri
1915 – 2015	Body Combat
2015 – 2045	Metafit

Tuesday

0900 – 1000	Aqua Aerobics
0930 – 1015	Spin
0930 – 1030	Gentle Circuits
1100 – 1200	Pilates
1730 – 1830	Spin
1730 – 1830	Dancercise
1815 – 1915	Adult Coaching (Pool)
1835 – 1935	Body Pump
1845 – 1945	HIIT & Core
1900 – 2000	Spin
1940 – 2040	Vinyasa Yoga

Wednesday

0915 – 1000	HIIT
1800 – 1900	Body Combat
1830 – 1915	Spin
1900 – 2000	Circuits
1905 – 2005	Legs, Bums & Tums
2010 – 2040	Metafit

Thursday

0630 – 0730	Swimming Coaching
0900 – 1000	Aqua Aerobics
0930 – 1030	Body Pump
1745 – 1845	Disco Spin
1800 – 1900	Studio Circuits
1830 – 1930	Beginner Yoga
1900 – 2000	Zumba
1905 – 1955	Pilates
2000 – 2100	Body Pump

Friday

0920 – 1020	Zumba
0930 – 1015	Spin
1025 – 1125	Yoga Sculpt
1130 – 1230	Gentle Circuits
1745 – 1845	Yoga for Sport
1800 – 1900	Spin
1800 – 1900	Body Pump

Saturday

0900 – 1000	Body Pump
1015 – 1115	Spin

Sunday

0915-1015	Boxercise
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KEY	CARDIO
	STRENGTH & CONDITIONING
	DANCE
	MIND & BODY
	CYCLE

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551.



Booking & Cancellation Policy Applies.
Online booking available.



01437 776 660

www.pembrokeshire.gov.uk/leisure

26th February – 15th April 2018 Version 1
Correct at the time of print



Amserlen Ymarfer Grŵp

Llun

0930 – 1030	Body Pump
1700 - 1800	Ioga Clerflunio
1730 – 1800	Sbinio i Dechreuwy
1800 – 1900	Sbinio & HIIT
1805 – 1905	Zumba
1900 – 2030	Tri Triphlyg
1915 – 2015	Body Combat
2015 – 2045	Metafit

Mawrth

0900 - 1000	Aerobeg Dŵr
0930 – 1015	Sbinio
0930 – 1030	Cylched Ysgafn
1100 – 1200	Pilates
1730 – 1830	Sbinio
1730 - 1830	Dancercise
1815 – 1915	Hyfforddi Nofio (Pwll)
1835 – 1935	Body Pump
1845 – 1945	HIIT & Craidd
1900 – 2000	Sbinio
1940 – 2040	Ioga Vinyasa

Mercher

0915 – 1000	HIIT
1800 – 1900	Body Combat
1830 – 1915	Sbinio
1900 – 2000	Cylchredau
1905 – 2005	Coesau, Pen-ôl a'r Bol
2010 – 2040	Metafit

Iau

0630 - 0730	Hyfforddi Nofio
0900 - 1000	Aerobeg Dŵr
0930 – 1030	Body Pump
1745 – 1845	Sbinio Disgo
1800 - 1900	Cylchredau Stiwdio
1830 – 1930	Ioga i Ddechreuwy
1900 – 2000	Zumba
1905 – 1955	Pilates
2000 - 2100	Body Pump

Friday

0920 – 1020	Zumba
0930 – 1015	Sbinio
1025 - 1125	Ioga Clerflunio
1130 – 1230	Cylched Ysgafn
1745 – 1845	Ioga i Chwaraeon
1800 – 1900	Sbinio
1800 – 1900	Body Pump

Saturday

0900 – 1000	Body Pump
1015 – 1115	Sbinio

Sul

0915-1015	Boxercise
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ALLWEDD	Y GALON
	CRYFDER & CHYFLYRU
	DAWNS
	MEDDWL & CHORFF
	BEICIO

I gael copi mewn print bras, fformat hawdd ei ddarllen, Braille, recordiad sain, neu mewn iaith arall, cysylltwch â Chyngor Sir Penfro ar 01437 764551.

Mae'r polisi archebu a chanslo yn berthnasol.
Archebu ar-lein ar gael.

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