



Group Exercise Timetable

November 5th – December 23rd 2018

Monday

0930-1030	Les Mills Body Pump
1730-1800	Beginners Spin
1800-1900	Spin & HIIT
1805-1905	Zumba
1900-2030	Triple Tri
1915-2015	Les Mills Body Combat
2015-2045	Metafit

Tuesday

0845-0945	Aqua Aerobics
0930-1015	Spin
0930-1030	Gentle Circuits
1100-1200	Pilates
1730-1830	Spin
1745-1845	Les Mills Body Pump
1800-1900	HIIT & Core
1815-1915	Adult Coaching (Pool)
1855-1955	Vinyasa Yoga
1920-1950	Aqua HIIT

Wednesday

0900-0930	Beginners Spin
0915-1000	HIIT
1800-1900	Les Mills 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	Les Mills Body Pump
1045-1145	Core & Stretch
1800-1855	Studio Circuits
1900-1955	Zumba
1900-2000	Boxercise
1815-1915	Beginners Yoga
1930-2030	Pilates
2000-2100	Les Mills Body Pump

Friday

0830-0930	Aqua Aerobics
0930-1015	Spin
0915-1015	Zumba
1745-1845	Yoga for Sport
1800-1900	Spin
1800-1900	Les Mills Body Pump

Saturday

0900-1000	Les Mills Body Pump
1015-1115	Spin

Sunday

0915-1015	Boxercise
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Version 2. Correct at the time of print.

Booking/Cancellation Policy applies. Online booking available.

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