

Group Exercise Timetable

Monday

0700-0730 Omnia
0930-1015 Omnia Extreme
1030-1130 Zumba Gold
1145-1245 Boxercise
1800-1900 Kettlercise
1900-1930 HIIT
1930-2030 Power Yoga *

Tuesday

0930-1000 Omnia
0915-1000 Aqua-Fit
0930-1100 Hatha Yoga
1000-1200 Let's Get Active**
1100-1130 Gentle Omnia
1800-1900 Bar & Bell
1800-1900 Tri Swimming
1830-1900 Omnia

Wednesday

0700-0730 Omnia
0915-1000 Omnia +
1000-1100 Step Fit Quick
1015-1100 Gentle Exercise (Omnia)
1800-1900 Pilates
1830-1915 Omnia+
1900-2000 Zumba
1930-2000 Metafit

Thursday

0930-1030 Total Toning
0915-1000 Aqua-Fit
1030-1100 50+ Group Omnia
1800-1830 Omnia
1800-1930 Hatha Yoga
1930-2030 Pilates

Friday

0700-0730 Omnia
0915-1000 Omnia +
0930-1030 Pilates
1030-1130 Zumba
1800-1900 Adult Swim Fit
1800-1900 Boxercise

Saturday

0930-1000 Omnia
1015-1115 Shape & Tone

Sunday

0900-1000 Circuits
1010-1040 Omnia

16th April – 3rd June 2018 (Version 2)
Correct at the time of print

01437 775678



KEY

Cardio
Strength & Conditioning
Dance
Mind & Body

***Power Yoga will run 2000-2100 on the 23rd & 30th April and 7th May ***

**** Suitable for adults with learning difficulties ****

Booking/Cancellation Policy applies. Online booking available.

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

www.pembrokeshire.gov.uk/leisure



Amserlen Ymarfer Grŵp

Llun

0700-0730 Omnia
0930-1015 Omnia Eithriadol
1030-1130 Zumba Gold
1145-1245 Boxercise
1800-1900 Kettlercise
1900-1930 HIIT
1930-2030 Ioga Pŵer *

Mawrth

0930-1000 Omnia
0915-1000 Aerobeg Dŵr
0930-1100 Ioga Hatha
1000-1200 Byddwch yn Actif**
1100-1130 Omnia Ysgafn
1800-1900 Bar a Bell
1800-1900 Nofio Tri
1830-1900 Omnia

Mercher

0700-0730 Omnia
0915-1000 Omnia+
1000-1100 Ffitrwydd Camu Cyflym
1015-1100 Ymarfer Ysgafn (Omnia)
1800-1900 Pilates
1830-1915 Omnia+
1900-2000 Zumba
1930-2000 Metafit

Iau

0930-1030 Gwella'r Corff Cyfan
0915-1000 Aerobeg Dŵr
1030-1100 50+ Group Omnia
1800-1830 Omnia
1800-1930 Ioga Hatha
1930-2030 Pilates

Gwener

0700-0730 Omnia
0915-1000 Omnia +
0930-1030 Pilates
1030-1130 Zumba
1800-1900 Nofio Ffit Oedolion
1800-1900 Boxercise

Sadwrn

0930-1000 Omnia
1015-1115 Siapio & Tynhau

Sul

0900-1000 Ymarfer Cylched
1010-1040 Omnia

16^{eg} Ebrill – 3^{ydd} Mehefin 2018 (Fersiwn 2)

Gywir ar adeg argraffu

01437 775678



Allwedd

Cardio

Cryfder a
Chyflyru

Dawns

Y Meddwl
a'r Corff

* Bydd Ioga Pŵer yn rhedeg 2000-2100 ar y 23^{ain} a 30^{ain} Ebrill a'r 7^{fed} Mai *

** Yn addas i oedolion ag anghenion addasgiadol **

Polisi Archebu / Canslo yn berthnasol. Archebu ar-lein ar gael.

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.