



Group Exercise Timetable

4th March – 28th April 2019

Monday

0930-1030	Les Mills Body Pump
1730-1800	Beginners Spin
1805-1905	Zumba
1810-1910	Spin & HIIT
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	Studio Circuits
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
0700-0730	Spin
0900-1000	Aqua Aerobics
0930-1030	Les Mills Body Pump
1040-1110	Express Body Combat
0930-1030	Core & Stretch
1800-1855	Studio Circuits
1900-2000	Spin
1815-1915	Beginners Yoga
1920-2020	Pilates
2000-2100	Les Mills Body Pump

Friday

0830-0930	Aqua Aerobics
0930-1015	Spin
0915-1015	Zumba
1030-1130	Yoga
1800-1900	Spin
1800-1900	Les Mills Body Pump

Saturday

0900-1000	Les Mills Body Pump
1015-1115	Spin



Version 1. Correct at the time of print.

*Triple Tri – Runs until 31st March 2019.

Booking/Cancellation Policy applies. Online booking available.

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01437 776 660

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