Tenby
LEISURE CENTRE

Group Exercise Timetable

7th January – 3rd March 2019

Monday
0700-0730 Omnia
0930-1030 Pilates
0930-1030 Social Running Group
1030-1130 Zumba Gold
1145-1245 Boxercise
1800-1845 Kettlercise
1845-1915 HIIT
1915-2015 Beginners Spin
1915-2015 Power Yoga

Tuesday
0930-1000 Omnia
0915-1000 Aqua-Fit
0930-1100 Hatha Yoga
1000-1200 Let's Get Active**
1100-1130 Gentle Omnia
1200-1300 Adult Swimfit
1800-1900 Bar & Bell
1800-1845 Adult Swimming Lessons
1830-1915 Mixed Ability Spin

Wednesday
0700-0730 Omnia
0915-1000 Omnia+
1000-1100 Step Fit Quick
1015-1100 Gentle Exercise (Omnia)
1800-1900 Tri Swimming
1800-1900 Pilates
1830-1915 Omnia+
1900-2000 Zumba
1915-2015 Mixed Ability Spin
1915-1945 Core

Thursday
0930-1030 Total Toning
1015-1100 Aqua-Fit
1030-1100 50+ Group Omnia
1315-1415 Mixed Ability Spin
1800-1830 Omnia
1800-1930 Hatha Yoga
1900-2000 Mixed Ability Spin

Friday
0915-1000 Omnia +
0930-1030 Mixed Ability Spin
1000-1045 Legs,Bums & Tums
1100-1200 Zumba
1800-1900 Boxercise
1800-1900 Adult Swimfit

Saturday
0930-1030 Saturday Club New!

Sunday
0900-1000 Circuits
1010-1040 Omnia

KEY
CARDIO
DANCE
MIND & BODY
STRENGTH & CONDITIONING
CYCLE

01437 775678

** Suitable for adults with learning difficulties **

Version 3. Correct at the time of print.

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