



Group Exercise Timetable

29th April – 2nd June 2019

Monday

0930-1030	Les Mills Body Pump
1730-1800	Beginners Spin
1800-1900	Zumba
1810-1910	Spin & HIIT
1915-2015	Les Mills Body Combat
2015-2045	Metafit

Tuesday

0800-0900	New! Les Mills Body Pump
0845-0945	Aqua Aerobics
0930-1015	Spin
0930-1030	Gentle Circuits
1030-1100	New! Stretch
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
0830-0920	New! Aqua Aerobics*
0930-1020	New! Aqua Aerobics*
0930-1030	Les Mills Body Pump
0930-1030	Core & Stretch
1040-1110	Express Body Combat
1800-1855	Studio Circuits
1815-1915	Pilates
1900-2000	Spin
1930-2030	Beginners Yoga
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 2. Correct at the time of print.

*Aqua Aerobics for 60+ yrs: FREE on Thursdays, all other sessions £2.

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.

01437 776 660

www.pembrokeshire.gov.uk/leisure



Amserlen Ymarfer Grŵp

29^{ain} Ebrill – 2^{il} Mehefin 2019

Llun

0930-1030	Les Mills Body Pump
1730-1800	Sbinio i Dechreuwyd
1800-1900	Zumba
1810-1910	Sbinio & HIIT
1915-2015	Les Mills Body Combat
2015-2045	Metafit

Mawrth

0800-0900	Newydd Les Mills Body Pump
0845-0945	Acwa Ffit
0930-1015	Sbinio
0930-1030	Cylched Ysgafn
1030-1100	Newydd Ymestun
1100-1200	Pilates
1730-1830	Sbinio
1745-1845	Les Mills Body Pump
1800-1900	HIIT & Craidd
1815-1915	Hyfforddi Nofio (Pwll)
1855-1955	Ioga Vinyasa
1920-1950	HIIT Acwa

Mercher

0900-0930	Sbinio i Dechreuwyd
0915-1000	Cylchredau Stiwdio
1800-1900	Les Mills Body Combat
1830-1915	Sbinio
1900-2000	Cylchredau
1905-2005	Coesau, Pen-ôl a'r Bol
2010-2040	Metafit

Iau

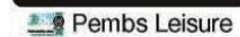
0630-0730	Hyfforddi Nofio
0700-0730	Sbinio
0820-0920	Aerobeg Dŵr*
0930-1020	Newydd Aerobeg Dŵr*
0930-1030	Les Mills Body Pump
0930-1030	Craidd & Ymestyn
1040-1110	Express Body Combat
1800-1855	Cylchredau Stiwdio
1815-1915	Pilates
1900-2000	Sbinio
1930-2030	Ioga i Ddechreuwyd
2000-2100	Les Mills Body Pump

Gwener

0830-0930	Aerobeg Dŵr
0930-1015	Sbinio
0915-1015	Zumba
1030-1130	Ioga
1800-1900	Sbinio
1800-1900	Les Mills Body Pump

Sadwrn

0900-1000	Les Mills Body Pump
1015-1115	Sbinio



Fersiwn 2. Gywir ar adeg argraffu.

*Aerobeg Dŵr i oed 60+ : AM DDIM ar dydd Iau, bob sesiwn arall yn £2.

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.

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