Tenby
LEISURE CENTRE

Group Exercise Timetable

22nd July – 1st September 2019

Monday

0700-0730	Omnia
0930-1030	Pilates
0930-1030	Social Running Group
1030-1130	Zumba Gold
1145-1230	Stretch & Tone
1800-1845	Kettlercise
1845-1915	HIIT
1915-2015	Mixed Ability Spin
1915-2015	Power Yoga

Tuesday

0930-1000	Omnia
0915-1000	Aqua-Fit
0930-1030	Mixed Ability Spin
0930-1100	Hatha Yoga
1100-1200	Let's Get Active**
1100-1130	Gentle Omnia
1730-1830	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)
1315-1445	Gentle Yoga
1800-1900	Tri Swimming
1800-1900	Pilates
1830-1915	Omnia+
1900-2000	Zumba
1915-1945	Core

Thursday

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

Friday

0915-1000	Omnia +
0930-1030	Mixed Ability Spin
0945-1045	Legs,Bums & Tums
1800-1900	Boxercise

Sunday

0900-1000	Circuits
1010-1040	Omnia

KEY
CARDIO
DANCE
MIND & BODY
STRENGTH & CONDITIONING
CYCLE

ANDROID APP ON Google play
Pembs Leisure
Available on the App Store

01437 775678

Version 1. Correct at the time of print.

** Suitable for adults with learning difficulties **

Booking/Cancellation Policy applies. Online booking available.

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www.pembrokeshire.gov.uk/leisure