

Group Exercise Timetable

30th September – 27th October 2019

Monday

0700-0730	Omnia
0800-0845	Aqua-Fit
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
1000-1200	Let's Get Active**
1100-1130	Gentle Omnia
1200-1300	Adult Swimfit
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
1900-2000	STRONG
1915-2015	Mixed Ability Spin
1915-1945	Core

Thursday

0930-1030	Studio Circuits
0915-1000	Aqua-Fit
1030-1100	50+ Group Omnia
1800-1845	Omnia+
1800-1930	Hatha Yoga
1900-2000	Mixed Ability Spin

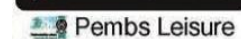
Friday

0915-1000	Omnia +
0930-1030	Mixed Ability Spin
0945-1045	Legs, Bums & Tums
1100-1200	Zumba
1800-1900	Boxercise
1800-1900	Adult Swimfit

Sunday

0900-1000	Circuits
1010-1040	Omnia

KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	CYCLE



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** Suitable for adults with learning difficulties **

Version 1. 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



Amserlen Ymarfer Grŵp

30^{ain} Medi – 27^{ain} Hydref 2019

Llun

0700-0730	Omnia
0800-0845	Acwa-ffit
0930-1030	Pilates
0930-1030	Grŵp Rhedeg Cymdeithasol
1030-1130	Zumba Gold
1145-1230	Ymestyn & Cyflyru
1800-1845	Kettlercise
1845-1915	HIIT
1915-2015	Sbinio Galluoedd Cymysg
1915-2015	Ioga Pŵer

Mawrth

0930-1000	Omnia
0915-1000	Acwa-ffit
0930-1030	Sbinio Galluoedd Cymysg
0930-1100	Ioga Hatha
1000-1200	Byddwch yn Actif**
1100-1130	Omnia Ysgafn
1200-1300	Nofio Ffit Oedolion
1730-1830	Bar a Bel
1800-1845	Gwers Nofio Oedolion
1830-1915	Sbinio Galluoedd Cymysg

Mercher

0700-0730	Omnia
0915-1000	Omnia+
1000-1100	Ffitrwydd Camu Cyflym
1015-1100	Ymarfer Ysgafn (Omnia)
1315-1445	Ioga Ysgafn
1800-1900	Nofio Tri
1800-1900	Pilates
1830-1915	Omnia+
1900-2000	Zumba
1900-2000	STRONG
1915-2015	Sbinio Galluoedd Cymysg
1915-1945	Craidd

Iau

0930-1030	Cylched Stiwdio
0915-1000	Acwa-ffit
1030-1100	Omnia Grwp 50+
1800-1845	Omnia+
1800-1930	Ioga Hatha
1900-2000	Sbinio Galluoedd Cymysg

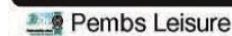
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0915-1000	Omnia +
0930-1030	Sbinio Galluoedd Cymysg
0945-1045	Coesau, Penolau a Boliau
1100-1200	Zumba
1800-1900	Boxercise
1800-1900	Nofio Ffit Oedolion

Sul

0900-1000	Ymarfer Cylched
1010-1040	Omnia

ALLWEDD	CARDIO
	DAWNS
	Y MEDDWL
	A'R CORFF
	CRYFDER A CHYFLYRU
	BEICIO



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** Yn addas i oedolion ag anghenion addasgiadol **

Fersiwn 2. Gywir ar adeg argraffu.

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.