



Group Exercise Timetable

01st October – 3rd November 2019

Monday

0800-0900	Aqua Aerobics
0930-1030	Les Mills Body Pump
1730-1800	Beginners Spin
1805-1905	Zumba
1810-1910	Spin & HIIT
1910-2010	New! STRONG
2015-2045	Metafit

Tuesday

0845-0945	Aqua Aerobics
0915-1015	New! Aero Bounce
0930-1030	Gentle Circuits
0930-1015	Spin
1030-1100	Stretch
1100-1200	Pilates
1730-1830	Spin
1745-1845	Les Mills Body Pump
1800-1900	HIIT & Core
1815-1900	Adult Coaching (Pool)
1855-1955	Vinyasa Yoga
1905-1955	Aqua Aerobics

Wednesday

0900-0930	Beginners Spin
0915-1000	Studio Circuits
1800-1900	New! STRONG
1830-1915	Spin
1900-2000	Circuits
1905-2005	Legs, Bums & Tums
2010-2040	Metafit

Thursday

0630-0730	Swimming Coaching
0700-0730	Spin
0805-0905	Aqua Aerobics
0930-1030	Les Mills Body Pump
0930-1030	Core & Stretch
1800-1900	Studio Circuits
1830-1915	Spin
1830-1930	Pilates
1900-2000	New! Aero Bounce
1920-1950	New! Core
1935-2035	Beginners Yoga
2000-2100	Les Mills Body Pump

Friday

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

Saturday

0900-1000	Les Mills Body Pump
1015-1115	Spin

Sunday

0900	Stackpole Striders *NT
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Version 1. Correct at the time of print.

*NT – National Trust sessions held off site & additional charges may apply.

Booking/Cancellation Policy applies. Online booking available.

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