



Group Exercise Timetable

04th November – 22nd December 2019

Monday

0800-0900 Aqua Aerobics
0930-1030 Les Mills Body Pump
1730-1800 Beginners Spin
1805-1905 Zumba
1810-1910 Spin & HIIT
1900-2030 TRY-Athlon (Beginners)
1910-2010 STRONG
2015-2045 Metafit

Tuesday

0845-0945 Aqua Aerobics
0915-1015 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 STRONG
1830-1915 Spin
1900-2000 Circuits
1905-2005 Legs, Bums & Tums
2010-2040 Metafit

Thursday

0630-0730 Swimming Coaching
0630-0700 Spin ***New time**
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 Aero Bounce
1920-1950 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

Saturday

0900-1000 Les Mills Body Pump
1015-1115 Spin

Sunday

0900 Stackpole Striders ***NT**



01437 776660

Version 2. Correct at the time of print.

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