

Group Exercise Timetable

06th January – 23rd February 2020

Monday

0800-0900 Aqua Aerobics
0930-1015 Bounce 2 5K **NEW**
0930-1030 Les Mills Body Pump
1730-1800 Beginners Spin
1805-1905 Zumba
1810-1910 Spin & HIIT
1900-2030 TRYathlon (Beginners)
1910-2010 STRONG
2015-2045 Metafit

Tuesday

0845-0945 Aqua Aerobics
0930-1015 Boot Circuit **NEW**
0930-1030 Gentle Circuits
0930-1015 Spin
1030-1100 Stretch
1100-1200 Gentle Pilates
1730-1830 Spin
1745-1845 Les Mills Body Pump
1800-1900 Beginners Yoga **NEW**
1800-1900 HIIT & Core
1815-1900 Adult Coaching (Pool)
1910-2010 Vinyasa Yoga
1905-1955 Aqua Aerobics

Wednesday

0615-0700 Spin & HIIT **NEW**
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
0805-0905 Aqua Aerobics
0930-1030 Les Mills Body Pump
0930-1030 Core & Stretch
1100-1145 Balance, Core and Rehabilitation **NEW**
1800-1900 Studio Circuits
1830-1915 Spin
1830-1930 Gentle Pilates
1900-2000 Bounce-Fit
1920-1950 Core
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

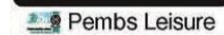
Saturday

0900-1000 Les Mills Body Pump
1015-1115 Spin

Sunday

0900 Stackpole Striders ***NT**

KEY	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	CYCLE



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Version 2. Correct at the time of print.

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

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