

GROUP EXERCISE TIMETABLE

MONDAY 3RD NOVEMBER - SUNDAY 21ST DECEMBER



Monday

8:15am - 9:15am **Aquafit**
 5.10pm - 5.55pm **Les Mills Shapes™***
 5:20pm - 5:50pm **MX4**
 6:00pm - 6:30pm **MX4**
 6:00pm - 6:45pm **Les Mills Strength Development™**
 7:00pm - 8:00pm **Group Cycling**

Tuesday

5:30pm - 6:00pm **MX4**
 6:00pm - 6:45pm **Pilates**
 7:00pm - 7:45pm **Pilates**
 7:15pm - 8:00pm **Total Body Workout**

Wednesday

6:45am - 7:30am **Group Cycling**
 7:05am - 7:35am **MX4**
 6:15pm - 7.00pm **Aquafit**

Thursday

8:00am - 9:00am **Aquafit**
 9:15am - 10.00am **Circuits (Gentle) (*A4L)**
 12:30pm - 1:00pm **MX4**
 5:15pm - 6:00pm **Runfit**
 6:10pm - 6:55pm **Les Mills Strength Development™**
 6:00pm - 7:00pm **Yoga (Hatha)**
 7:00pm - 8:00pm **Yoga (Hatha)**
 7:00pm - 8:00pm **Group Cycling (Advanced)**
 8:00pm - 9:00pm **Swim Fit**

Friday

6:10am - 6:55am **Hiit (Core)**
 8:00am - 8:45am **Pilates**
 1:30pm - 2:30pm **Circuits (Gym) (*A4L)**
 6:30pm - 7:30pm **Dancercise**

CARDIO	MIND & BODY	DANCE
(A4L) ACTIVE 4 LIFE	STRENGTH & CONDITIONING	CYCLE
COACH BY COLOUR		* NEW/UPDATED
Although not essential, we would recommend booking to guarantee your space		



ALL TIMETABLES ARE AVAILABLE ON OUR APP. THIS ITEM IS ALSO AVAILABLE IN WELSH.

FOR A COPY IN LARGE PRINT, EASY-READ, BRAILLE, AUDIO, OR AN ALTERNATIVE LANGUAGE, PLEASE CONTACT PEMBROKESHIRE COUNTY

COUNCIL ON 01437 764551

AMSERLEN YMARFER GRWP

DYDD LLUN 3 TACHWEDD- DYDD SUL 21 RHAGFYR



Dydd Llun

8:15yb - 9:15yb **Aerobeg Dŵr**

5.10pm - 5.55pm **Les Mills Shapes™***

5:20pm - 5:50pm **MX4**

6:00pm - 6:30pm **MX4**

6:00yp - 6:45yp **Les Mills Strength Development™**

7:00yp - 8:00yp **Beicio Grŵp**

Dydd Mawrth

5:30yp - 6:00yp **MX4**

6:00yp - 6:45yp **Pilates**

7:00yp - 7:45yp **Pilates**

7:15yp-8:00yp **Ymarfer i'r Corff Cyfan**

Dydd Mercher

6:45yb - 7:30yb **Beicio Grŵp**

7:05yb - 7:35yb **MX4**

6:15yp - 7:00yp **Aerobeg Dŵr**

Dydd Iau

8:00yb - 9:00yb **Aerobeg Dŵr**

9:15yb - 10:00yb **Ymarfer Cylchol (Ysgafn) (A4L)**

12:30pm - 1:00pm **Synrgy**

5:15yp - 6:00yp **Ffitrwydd Rhedeg**

6:10yp - 6:55yp **Les Mills Strength Development™**

6:00yp - 7:00yp **Ioga (Hatha)**

7:00yp - 8:00yp **Ioga (Hatha)**

7:00yp - 8:00yp **Beicio Grŵp (Uwch)**

8:00yp - 9:00yp **Ffitrwydd Nofio**

Dydd Gwener

6:10yb - 6:55yb **HIIT (Cryfder Craidd)**

8:00yb - 8:45yb **Pilates**

1:30yp - 2:30yp **Ymarfer Cylchol (Yn y Gampfa) (A4L)**

6:30yp - 7:30yp **Ymarfer wrth Ddawnsio**

CARDIO	Y MEDDWL A'R CORFF	DAWNS
(A4L) HEINI AM OES	CRYFDLER A CHYFLYRU	BEICIO
 COACH BY COLOUR	* NEWYDD/ DIWEDDAREDIG	
<u>Er nad yw'n hanfodol, byddem yn argymhell archebu lle i warantu eich lle</u>		

