



Group Exercise Timetable

Monday

0930 – 1030 Body Pump
 1730 – 1800 Beginners Spin
 1800 – 1900 Spin & HIIT
 1805 – 1905 Zumba
 1915 – 2015 Body Combat
 2015 – 2045 Metafit

Tuesday

0900 - 1000 Aqua Aerobics
 0930 – 1015 Spin
 0930 – 1030 Gentle Circuits
 1100 – 1200 Pilates
 1730 – 1830 Spin
 1745 – 1845 Body Pump
 1815 – 1915 Adult Coaching (Pool)
 1800 - 1900 HIIT & Core
 1855 – 1955 Vinyasa Yoga
 1900 – 2000 Spin
 1900 – 1915 MetaPRO
 1915 - 2000 Boxercise

Wednesday

0915 – 1000 HIIT
 1800 – 1900 Body Combat
 1830 – 1915 Spin
 1900 – 2000 Circuits
 1905 – 2005 Legs, Bums & Tums
 2010 – 2040 Metafit

Thursday

0630 - 0730 Swimming Coaching
 0900 - 1000 Aqua Aerobics
 0930 – 1030 Body Pump
 1745 – 1845 Disco Spin
 1800 – 1900 Studio Circuits
 1830 – 1930 Beginner Yoga
 1900 – 2000 Zumba
 1905 – 1955 Pilates
 2000 – 2100 Body Pump

Friday

0920 – 1020 Zumba
 0915 – 1000 Spin
 1025 - 1125 Yoga Sculpt
 1130 – 1230 Gentle Circuits
 1745 – 1845 Yoga for Sport
 1800 – 1900 Spin
 1800 – 1900 Body Pump

Saturday

0900 – 1000 Body Pump
 1015 – 1115 Spin

Sunday

0915-1015 Boxercise

KEY	CARDIO
	STRENGTH & CONDITIONING
	DANCE
	MIND & BODY
	CYCLE

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on 01437 764551.



Booking & Cancellation Policy Applies.
 Online booking available.

01437 776 660

www.pembrokeshire.gov.uk/leisure





Amserlen Ymarfer Grŵp

Llun

0930 – 1030	Body Pump
1730 – 1800	Sbinio i Dechreuwyd
1800 – 1900	Sbinio & HIIT
1805 – 1905	Zumba
1915 – 2015	Body Combat
2015 – 2045	Metafit

Mawrth

0900 - 1000	Aerobeg Dŵr
0930 – 1015	Sbinio
0930 – 1030	Cylched Ysgafn
1100 – 1200	Pilates
1730 – 1830	Sbinio
1800 – 1900	HIIT & Craidd
1815 – 1915	Hyfforddi Nofio (Pwll)
1745 – 1845	Body Pump
1855 – 1955	Ioga Vinyasa
1900 – 2000	Sbinio
2000 – 2015	MetaPRO
2015 - 2100	Boxercise

Mercher

0915 – 1000	HIIT
1800 – 1900	Body Combat
1830 – 1915	Sbinio
1900 – 2000	Cylchredau
1905 – 2005	Coesau, Pen-ôl a'r Bol
2010 – 2040	Metafit

Iau

0630 - 0730	Hyfforddi Nofio
0900 - 1000	Aerobeg Dŵr
0930 – 1030	Body Pump
1745 – 1845	Sbinio Disgo
1800 - 1900	Cylchredau Stiwdio
1830 – 1930	Ioga i Ddechreuwyd
1900 – 2000	Zumba
1905 – 1955	Pilates
2000 - 2100	Body Pump

Friday

0920 – 1020	Zumba
0915 – 1000	Sbinio
1025 - 1125	Ioga Clerflunio
1130 – 1230	Cylched Ysgafn
1745 – 1845	Ioga i Chwaraeon
1800 – 1900	Sbinio
1800 – 1900	Body Pump

Saturday

0900 – 1000	Body Pump
1015 – 1115	Sbinio

Sul

0915-1015	Boxercise
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ALLWEDD	Y GALON
	CRYFDER & CHYFLYRU
	DAWNS
	MEDDWL & CHORFF
	BEICIO

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.



Mae'r polisi archebu a chanslo yn berthnasol.

Archebu ar-lein ar gael.

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