

Haverfordwest

LEISURE CENTRE

Group Cycling



March 4th - April 28th 2019

GROUP CYCLING

Monday

1000-1100 Mixed ability
1800-1900 Mixed ability
1900-2000 Mixed ability

Tuesday

0700-0800 Mixed ability
1000-1100 Mixed ability
1800-1900 Mixed ability
1900-2000 Mixed ability

Wednesday

0930-1000 **NEW** HIIT
1000-1100 Mixed ability
1715-1800 NEW Mixed Express
1800-1900 Mixed ability
1900-2000 Mixed ability

Thursday

1030-1130 Mixed ability
1800-1900 Mixed ability

Friday

0700-0800 Mixed ability
1000-1100 Mixed ability
1100-1130 **NEW** Gentle Cycle
1800-1900 Mixed ability

Saturday

0900-1000 Mixed ability

The classes in **BOLD** are perfect for those who want to start Group Cycling

This timetable was correct at time of press, please call or check online for up to date Information as we are constantly evolving our programme of classes

All our sessions (unless stated) are for all abilities. You and your instructor work to your own limits to give you the best workout possible

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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