

Haverfordwest

LEISURE CENTRE



Pembrokeshire Leisure
Hamdden Sir Benfro



Group Exercise Timetable

January 2nd - April 15th 2018

GROUP EXERCISE

Monday

10:00-12:00 **Lets' Get Active*** (SH)
see customer Information
10:00-11:00 **HIIT** (High Intensity Interval Training)
11:00-12:00 **Pilaticise**
12:00-13:00 **Easy Aqua Circuits**
17:00-17:50 **Kettlercise** (SH)
17:30-18:00 **Les Mills Grit**
17:15-18:00 **Brainfit Cardio** (NEW) (GR)
18:00-19:00 **Power Yoga** (NEW) (GR) *1
18:15-19:15 **Circuits** (SH)
18:00-19:00 **LES MILLS Body Pump**
19:00-19:30 **Core Fusion**
19:30-20:30 **Yogalates**

Tuesday

09:30-10:30 **Les Mills Body Pump**
10:30-11:30 **Boxfit***
11:00-12:00 **CREW Rowing** (FS)
11:30-12:30 **Pilaticise**
13:00-14:00 **Gentle Circuits** MFA
15:30-16:30 **Yoga** (GR)
17:10-18:00 **Studio 2 Circuits**
17:30-18:30 **Yoga** (GR)
18:00-19:00 **Circuits** (SH)
18:00-19:00 **Strictly Fit Steps**
19:00-20:00 **Hoopacise**

*subject to change

Wednesday

07:00-08:00 **LES MILLS GRIT** Core and More
10:00-11:00 **HIIT**
11:00-12:00 **Les Mills Body Balance***1
12:00-13:00 **Aquafit**
12:15-12:45 **Express Kettlercise**
12:45-13:15 **Express Stretch and Tone**
13:15-14:15 **Buggy Fit**
17:00-17:15 **Les Mills Smart Start** Set up
17:15-18:00 **Les Mills Body Pump** Express
18:00-19:00 **Les mills Body Balance** *1
19:00-19:30 **HIIT Express**
19:30-20:00 **Core and Ab**

Thursday

0700-0730 **Circuit Blast**
09:30-10:30 **Les Mills Body Pump**
10:30-11:30 **Total body workout** (NEW)
17:30-18:30 **Pilaticise**
18:00-19:00 **Circuits** (SH)
18:30-19:30 **Legs / Bums and Tums**
19:00-20:00 **Kettlercise** (SH)
19:30-20:30 **Fun Fiesta - 500 calorie Burn Workout**

*1 There is an additional charge for this class.
This class is not included in any membership.

Friday

07:00-08:00 **LES MILLS GRIT** Core and More
10:00-11:00 **FIT*** (Friday Interval Training) SH
09:30-10:30 **Yogalates**
10:30-11:30 **Strictly Latin**
12:00-13:00 **Aquafit**
18:00-19:00 **Circuits**

Saturday

0830-0930 **Cardio Fusion**
0930-1030 **HIIT Strength**

Sunday

10:00-11:00 **Kettlercise**
11:00-12:00 **Les Mills Body Balance** *1

K E Y	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	FS = Fitness Suite SH = Sports Hall GR = Green Room



For a copy in large print,
Braille, audio tape or an
alternative language,
please call (01437) 776613

Customer Information

*This class is suitable for adults with a learning disability
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

Classes run for 55 mins

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www.pembrokeshire.gov.uk/leisure