

Haverfordwest

LEISURE CENTRE

Easyline Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro

All classes are booked for 55 minutes

January 2nd - April 15th 2018

EASYLINE

Monday:

09:00 Easyline for all abilities
10:00 Exercise Referral
16:15 Private Hire (45 mins)
17:00 Exercise Referral

Tuesday:

09:00 Easyline for all abilities
12:00 Falls Prevention
13:30 Exercise Referral
14:15 Movement For All*
16:30 Private Hire (45mins)
17:10 Easyline Circuits
18:00 Exercise Referral

Wednesday:

09:00 Easyline for all abilities
10:00 Easyline for all abilities
12:00 Cardiac Rehab Phase IV
16:15 Private Hire (45mins)
18:00 Exercise Referral

Thursday:

10:00 Movement For All*
11:30 Easyline for all abilities
13:30 Exercise Referral
16:45 Private Hire (30 mins)
17:30 Private Hire (60 mins)

Friday:

09:00 Easyline for all abilities
16:45 Private Hire (45 mins)

All participants must complete an Easyline induction.

Open access to Easyline is anytime when there is not a class on, during opening hours

*See Movement for All Timetable

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



01437 776676

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www.pembrokeshire.gov.uk/leisure