

Haverfordwest

LEISURE CENTRE

Group Classes Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro

June 5th - July 23rd 2017

GROUP CLASSES

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**
- 16:30-17:15 Brainfit Conditioning (NEW) (GR)**
- 17:00-17:50 Kettlercise (SH)**
- 17:30-18:00 Les Mills GRIT Cardio**
- 17:15-18:00 Brainfit Cardio (NEW) (GR)**
- 18:00-19:00 Power Yoga (NEW) (GR)**
- 18:00-19:00 Les Mills Body Pump**
- 18:15-19:15 Circuits (SH)**
- 19:00-19:30 Intro to LES MILLS (NEW)**
- 19:30-20:30 Yogalates**

Tuesday

- 09:30-10:30 Les Mills Body Pump**
- 10:30-11:30 Tabata**
- 11:00-12:00 CREW Rowing Beginners (FS)**
- 11:30-12:30 Pilaticise**
- 15:30-16:30 Yoga (GR)**
- 17:10-18:00 Les Mills GRIT core & more - Outdoor Track at STP (weather dependent)**
- 17:30-18:30 Yoga (GR)**
- 18:00-19:00 Circuits (SH)**
- 18:00-19:00 Strictly Fit Steps**

Wednesday

- 07:00-07:30 Les Mills GRIT Cardio**
- 07:30-08:00 Les Mills GRIT Strength**
- 10:00-11:00 HIIT**
- 11:00-12:00 Les Mills Body Balance (Course) NEW**
- 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**
- 17:00-18:00 Les Mills Body Pump**
- 18:00-19:00 Les mills Body Balance (Course) (NEW)**
- 19:00-19:30 HIIT Express**
- 19:30-20:00 Les Mills GRIT (NEW)**

Thursday

- 07:00-08:00 Power Yoga (NEW) (GR)**
- 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**

Friday

- 07:00-07:30 Les Mills GRIT Plyo**
- 07:30-08:00 Les Mills GRIT Strength**
- 09:00-10:00 Les Mills GRIT Core & More**
- 09:30-10:30 Yogalates**
- 10:30-11:30 Latino Vibes**
- 12:00-13:00 Aquafit**
- 18:00-19:00 Circuits**

Saturday

- 08:30-09:15 Tabata**
- 09:15-10:00 HIIT Strength**
- 10:00-10:30 Express Stretch and Tone**

Sunday

- 10:00-11:00 Kettlercise**
- 11:00-12:00 Les Mills Body Balance (Course) (NEW)**

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

01437 776676

e: haverfordwestleisurecentre@pembrokeshire.gov.uk