



## Haverfordwest Leisure Centre Group Classes Timetable Summer Hols July 31<sup>st</sup> – September 3<sup>rd</sup> 2017

### Monday

**1000-1200 Lets' Get Active\* ( SH )**  
see customer Information  
**1000 -1100 HIIT (High Intensity Interval Training)**  
**1100-1200 Pilaticise**  
**1200-1300 Easy Aqua Circuits \*\***  
**1700-1750 Kettlercise ( SH )**  
**1730-1830 Les Mills Body Pump**  
**1815-1915 Circuits ( SH )**  
**1830-1930 Les Mills Grit Core and More**  
**1930-2030 Yogalates**

### Tuesday

**0930-1030 Les Mills Body Pump**  
**1030-1130 Tabata**  
**1130-1230 Pilaticise**  
**1100-1200 CREW Rowing Beginners ( FS )**  
**1530-1630 Yoga (GR)**  
**1710-1800 Les Mills GRIT core and more**  
**1730-1830 Yoga (GR)**  
**1800-1900 Circuits ( SH )**  
**1800-1900 Strictly Fit Steps**

FS = Fitness Suite

SH = Sports Hall

GR = Green Room

### Wednesday

**0700-0800 Les Mills Grit Core and more**  
**1000-1100 HIIT**  
**1200-1300 Aquafit \*\***  
**1215-1245 Kettlercise**  
**1245-1315 Express Stretch and Tone**  
**1315-1415 Buggy Fit**  
**1700-1800 Les Mills Body Pump**  
**1900-1930 HIIT (High Intensity Interval Training)**  
**1930-2030 Core and Ab**

### Thursday

**0930-1030 Les Mills Body Pump**  
**1030-1130 Total body workout**  
**1730-1830 Pilaticise**  
**1800-1900 Circuits ( SH )**  
**1830-1930 Legs / Bums and Tums**  
**1900- 2000 Kettlercise (SH)**

### Friday

**0700-0800 Les Mills Grit core and more**  
**0900-1000 Les Mills GRIT core and more**  
**0930-1030 Yogalates**  
**1030- 1130 Latino Vibes**

### Saturday

**0830-0900 Tabata**  
**0915 -1000 HIIT Strength**  
**1000-1030 Express Stretch and Tone**

### Sunday

**1000-1100 Kettlercise**

### Customer Information

**Grit, Core and More is a 60 minute class split into a 30 min Les Mills Grit release with a 30 minute Core and ab workout to follow. Customers are welcome to just complete just the Grit session or the Grit session and the Core and Ab workout.**

\*This class is suitable for adults with a learning disability

**Tel: 01437 776676**

