

GROUP EXERCISE TIMETABLE

Monday July 22nd – Sunday September 1st 2019

Monday

0700-0730 Suspension Fitness Training
0730-0800 Suspension Fitness Training
0800-0900 Wake up Yoga
1000-1100 HIIT
1100-1200 LES MILLS Body Balance
1700-1750 Kettlercise
1715-1800 Cardio Box
1815-1915 Circuits
1800-1845 Bar & Bell
1930-2030 Zen Fit

Tuesday

0930-1030 LES MILLS Bodypump
1030-1130 Pilaticise
1130-1230 Gentle Circuits
1530-1630 Yoga
1710-1800 Studio 2 circuits
1730-1830 Yoga
1800-1900 Circuits
1800-1900 Strictly Fitsteps
1900-2000 Hoopacise

Wednesday

1000-1100 LES MILLS Bodyattack
1100-1200 Pilaticise
1200-1300 Aquafit
1215-1245 Express Kettlercise
1700-1730 LES MILLS Bodypump Express
1730-1800 LES MILLS Bodyattack Express
1800-1900 LES MILLS BodyBalance
1900-1930 HIIT Express
1930-2015 Kettles, Core & More

Thursday

0700-0730 Circuit Blast
0930-1030 LES MILLS Bodypump
1030-1130 Total Body Workout
1730-1830 Pilaticise
1800-1900 Circuits
1830-1930 Legs, Bums & Tums

Friday

0700-0800 HIIT Strength
0930-1030 Zen Fit
1000-1100 FIT (Friday Interval Training)
1030-1130 Strictly Latin
1200-1300 Aquafit
1430-1530 Tai Chi Movements for
Well-being (TMW)
1800-1900 Circuits

Saturday

0830-0930 LES MILLS Bodyattack

Sunday

1000-1100 Kettlercise
1100-1200 LES MILLS Body Balance

**We endeavour to run classes subject to holiday cover. Please book to secure your place*

K E Y	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING

BOOKING IS ESSENTIAL

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