

Haverfordwest

LEISURE CENTRE

Easyline Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro

Easyline

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

e: haverfordwestleisurecentre@pembrokeshire.gov.uk



www.pembrokeshire.gov.uk/leisure