Fishguard
LEISURE CENTRE

Pembrokeshire Leisure
Hamdden Sir Benfro

# Fishguard Leisure Centre
# Group Exercise Timetable
# April 16th – June 3rd 2018

**Monday**
0915-1045 *Yoga*
1230-1300 Synrgy
1730-1800 Synrgy
1800-1900 Circuits
1800-1900 Dance Fusion
1915-2015 Cycle Fit Spin

**Tuesday**
0900-1000 Aqua Fit
0915-1000 Spin 4 All
1100-1200 *Adult Swimming Lessons (Beginners)*
1315-1400 Over 50's rowing
1430-1530 Mixed Pilates
1715-1815 Kettlebells
1800-1900 Spin 4 All
1815-1915 Advanced Pilates
1900-2000 Adult Swimming Lessons
1915-2000 Beginners Spin
1915-2015 Intermediate Pilates
2000-2100 Adult Swim Coaching/Masters

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

For a copy in large print, Braille, audio tape or an alternative language, please call:

**01437 776613**

Booking is essential for all classes. To book or for further information please contact us on:

**01437 775504**

**Wednesday**
0930-1000 Beginners Synrgy
1030-1130 NEW!! Strength & Balance Synrgy
1215-1245 Synrgy
1430-1530 Gentle Keep Fit
1700-1800 Core & Stretch
1730-1830 Spin 4 All
1730-1800 Synrgy
1815-1915 Bar & Bell
1800-1900 Body Conditioning
1900-2000 Beginners Pilates
1845-1945 Cardio 20/20/20

**Thursday**
0930-1000 Synrgy
1000-1030 Express Spin 4 All
1200-1300 Aqua Fit
1300-1700 Bi-Weekly Walks
1500-1545 *Aerobics*
1730-1800 Synrgy
1830-2000 * Yoga*
1800-1900 Cardio Combat
1915-2000 NEW!! Couch 2 5K

**Friday**
0730-0800 Synrgy
0900-1000 Strength & Balance Synrgy
1015-1200 **Let's Get Active
1030-1200 Friday Leisure Club
1700-1800 Intermediate/ Advanced Pilates
1800-1845 Step, Tone and Balance
1845-1930 Step Master Class

**Saturday**
0930-1000 Synrgy

Like Us On facebook

| Cardio | Strength & Conditioning | Dance | Mind & Body | Cycle |
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