

Group Exercise Timetable

Pembrokeshire Leisure
Hamdden Sir Benfro

April 16th - July 22nd 2018

GROUP EXERCISE

Monday

06:50-07:50 Power Yoga* (course)

08:00-09:00 Wake Up Yoga

10:00-12:00 Lets' Get Active* (SH)

see customer Information

10:00-11:00 HIIT (High Intensity Interval Training)

11:00-12:00 LES MILLS Body Balance

12:00-13:00 Easy Aqua Circuits

17:00-17:50 Kettlercise (SH)

17:30-18:30 Boxfit

17:15-18:00 Brainfit Cardio (NEW) (GR)

18:15-19:15 Circuits (SH)

18:30-19:30 LES MILLS Body Pump

19:30-20:30 Yogalates

Tuesday

09:30-10:30 Les Mills Body Pump

10:30-11:30 Boxfit

11:00-12:00 CREW Rowing (FS)

11:30-12:30 Pilaticise

13:00-14:00 Gentle Circuits MFA

15:30-16:30 Yoga (GR)

17:10-18:00 Studio 2 Circuits

17:30-18:30 Yoga (GR)

18:00-19:00 Circuits (SH)

18:00-19:00 Strictly Fit Steps

19:00-20:00 Hoopacise

Wednesday

07:00-08:00 Cardio Fusion

10:00-11:00 HIIT

11:00-12:00 Pilates

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

17:00-17:10 Les Mills Smart Start Set up

17:10-18:00 Les Mills Body Pump Express

18:00-19:00 Les mills Body Balance

19:00-19:30 HIIT Express

19:30-20:00 Core and Ab

Thursday

07:00-07:30 Circuit Blast

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 - 500 calorie Burn Workout

Friday

07:00-08:00 HIIT Strength

10:00-11:00 FIT* (Friday Interval Training)SH

09:30-10:30 Yogalates

10:30-11:30 Strictly Latin

12:00-13:00 Aquafit

12:15-12:45 Office yoga (GR)

12:45-13:15 Office Yoga (GR)

18:00-19:00 Circuits

Saturday

0830-0930 Cardio Fusion

0930-1030 HIIT Strength

Sunday

10:00-11:00 Kettlercise

11:00-12:00 Les Mills Body Balance

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

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www.pembrokeshire.gov.uk/leisure