Easyline

Haverfordwest
LEISURE CENTRE
Easyline Timetable

Pembrokeshire Leisure
Hamdden Sir Benfro

All classes are booked for 55 minutes

April 16th - July 22nd 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)

*See Movement for All Timetable

All participants must complete an Easyline induction.

Open access to Easyline is anytime when there is not a class on, during opening hours



For a copy in large print, Braille, audio tape or an alternative language, please call (01437) 776613

01437 776676

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www.pembrokeshire.gov.uk/leisure