St Davids
SPORTS HALL

Pembrokeshire Leisure
Hamdden Sir Benfro

April 16th – July 24th 2018

St Davids Sports Hall

Tuesday

11.00-12.00 Pilates

Thursday

19:00-20:00 Dance Fusion

Friday

10:30-11:30 Core and Stretch

(Starting May 4th)

Hall Hire Available Monday-Friday*

Opening Hours

Monday	0800 – 1200 & 1600 – 2100
Tuesday	0800 – 1200 & 1600 – 2000
Wednesday	0800 – 1200 & 1600 – 2100
Thursday	0800 – 1200 & 1600 – 2000
Friday	0800 – 1200 & 1600 – 2000
Saturday	0930 – 1230
Sunday	0930 – 1230

For more information or to book
Call St Davids Sports Hall on 01437 775506

*Please contact the centre for information.
The hall cannot be hired for commercial gain