

Fishguard Leisure Centre Group Exercise Timetable July 23rd – September 2nd 2018

Monday

1230-1300 Synrgy
1730-1800 Synrgy
1800-1900 **Circuits**
1800-1900 **Dance Fusion**
1915-1945 **Spring Fit**
1915-2015 **Cycle Fit Spin**

Tuesday

0900-1000 **Aqua Fit**
0915-1000 **Spin 4 All**
1430-1530 **Mixed Pilates**
1715-1815 **Kettlebells**
1815-1915 **Intermediate/ Advanced Pilates**
1900-2000 **Adult Swimming Lessons**
1900-2000 **Spin 4 All**
2000-2100 **Adult Swim Coaching/Masters**

****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 7764551

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

01437 775504



Wednesday

0930-1000 Synrgy
1030-1130 **Aerobics**
1215-1245 Synrgy
1430-1530 **Gentle Keep Fit**
1730-1830 **Spin 4 All**
1730-1800 Synrgy
1800-1900 **Body Conditioning**
1900-2000 **Beginners/Intermediate Pilates**
1845-1945 **5K and Beyond**

Thursday

0930-1000 Synrgy
1000-1030 **Express Spin 4 All**
1200-1300 **Aqua Fit**
1300-1700 **Bi-Weekly Walks**
1730-1800 Synrgy
1800-1900 **Cardio Combat**

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**
1800-1900 **Step, Tone and Balance**

Saturday

0930-1000 Synrgy

Sunday

0915-0945 **HIIT Spin**
1000-1045 **Circuits**

Cardio	Strength & Conditioning	Dance	Mind & Body	Cycle
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