

Haverfordwest

LEISURE CENTRE

Easyline Timetable



Pembrokeshire Leisure
Hamdden Sir Benfro

All classes are booked for 55 minutes

September 3rd - December 21st 2018

EASYLINE

Monday

0700-0730 **NEW** Suspension Fitness training
0730-0800 **NEW** Suspension Fitness Training
0900-1000 Easyline for All
1000-1100 Exercise Referral
1615-1700 Private Hire
1700-1800 Exercise Referral

Tuesday

0900-1000 Easyline For All
1200-1300 Falls Prevention
1330-1415 Exercise Referral
1415-1515 Movement for all class
1630-1700 Private Hire
1710-1800 Circuits
1800-1900 Exercise Referral

Wednesday

0900-1000 Easyline for all
1000-1100 Easyline for all
1200-1300 Cardiac Rehab Phase IV
1615-1700 Private Hire
1800-1900 Exercise Referral
1930-2000 **NEW** Suspension Fitness Training
(Core and Strength)

Thursday

1000-1100 Movement for all class
1130-1230 Easyline For All
1330-1430 Exercise Referral
1645-1715 Private Hire
1730-1830 Private Hire
1900-2000 **NEW** Kettle Combo

Friday

0900-1000 Easyline for all
1645-1730 Private Hire

*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, easy-read, braille, audio or an alternative language, please contact Pembrokeshire County Council on 01437 764551

01437 776676

e: haverfordwestleisurecentre@pembrokeshire.gov.uk

www.pembrokeshire.gov.uk/leisure

