Milford Haven
LEISURE CENTRE

Pembrokeshire Leisure
Hamdden Sir Benfro

Group Exercise Timetable

29th October – 23rd December 2018

Monday

0650 – 0720	Les Mills GRIT Strength
0930 – 1030	Les Mills Body Pump
1615 – 1715	Vinyassa Yoga
1730 – 1800	Les Mills Body Pump Express
1800 – 1900	Les Mills Body Attack
1800 – 1900	Beginners Spin
1900 – 2000	Mixed Abilities Spin
1900 – 2000	Core Balance

Tuesday

0650 – 0720	Les Mills Grit Plyo
0930 – 1000	Les Mills Body Pump Express
1000 – 1030	Les Mills Body Attack Express
1030 – 1130	Legs Bums & Tums
1730 – 1800	Les Mills Body Pump Express
1730 – 1800	Express Spin
1800 – 1900	Beginners Spin
1800 – 1900	Kettlercise
1900 – 2000	Mixed Abilities Spin
1900 – 2000	Pilaticise

Wednesday

0650 – 0720	Les Mills GRIT Strength
0930 – 1000	Express Spin
1000 – 1100	Total Body workout
1200 – 1300	Beginners Pilates
1700 – 1800	Exercise Referral Circuits
1730 – 1800	Les Mills GRIT Cardio
1800 – 1900	Les Mills Body Pump
1900 – 2000	Circuits
1900 – 2000	Core Balance

Thursday

0650 – 0720	Les Mills Grit Cardio
0930 – 1000	Synrgy (Women Only)
1045 – 1145	Gentle Keep Fit
1630 – 1800	Hatha Yoga
1730 – 1800	Les Mills Grit
1800 – 1845	Les Mills Body Attack 45
1800 – 1900	Beginners Spin

Friday

0650 – 0720	Les Mills GRIT Strength
0815 – 0915	Pilates
0930 – 1030	Les Mills Body Attack
1730 – 1800	Les Mills Body Pump Express
1730 – 1830	Mixed Ability Spin
1800 – 1900	Kettlercise
1900 – 2000	Interval Step

Saturday

0830 – 0930	P90X

Sunday

1000 – 1100	Core Balance

For a copy in large print, Braille, audio tape or an alternative language, please call:
01437 776455

*Booking & Cancellation Policy Applies
*Online Booking Available

KEY	
	CARDIO
	STRENGTH & CONDITIONING
	MIND & BODY
	CYCLE

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