

Haverfordwest

LEISURE CENTRE

Group Exercise Timetable



January 7th - February 24th 2019

GROUP EXERCISE

Monday

0650-0750 Power Yoga course (GR)
 0700-0730 **NEW** Suspension Fitness Training (S2)
 0730-0800 **NEW** Suspension Fitness Training (S2)
 0800-0900 Wake Up Yoga (GR)
 0900-1000 Strictly Fit Steps
1000-1200 Lets' Get Active* (SH)
 1000-1100 HIIT
 1100-1200 LES MILLS Body Balance
 1200-1300 Easy Aqua Circuits
 1700-1750 Kettlercise (SH)
 1730-1830 Boxfit
 1715-1800 **NEW** Body & Mind conditioning (GR)
 1815-1915 Circuits (SH)
 1830-1930 LES MILLS Body Pump
 1930-2030 New Zen Fit

Tuesday

0930-1030 Les Mills Body Pump
 1030-1130 Boxfit
 1100-1200 CREW Rowing (FS)
 1130-1230 Pilaticise
 1130-1230 Gentle Circuits (SH)
 1530-1630 Yoga (GR)
 1710-1800 Circuits (S2)
 1730-1830 Yoga (GR)
 1800-1900 Circuits (SH)
 1800-1900 Strictly Fit Steps
 1900-2000 Hoopacise

Wednesday

0700-0800 Cardio Fusion
 1000-1100 HIIT
 1100-1200 Pilates
 1200-1300 Aquafit
 1215-1245 Express Kettlercise
 1245-1315 Les Mills Body Balance Express
 1315-1415 **NEW** Buggy Fitness
 1700-1710 Les Mills Smart Start Set up
 1710-1800 Les Mills Body Pump Express
 1800-1900 Les mills Body Balance
 1900-1930 HIIT Express
 1930-2000 Strength and core training (S2)
 1930-2030 Retro Aerobics

Thursday

0650-0750 **NEW** Power Yoga course
 0700-0730 Circuit Blast
 0930-1030 Les Mills Body Pump
 1030-1130 Total body workout
 1730-1830 Pilaticise
 1800-1900 Circuits (SH)
 1830-1930 Legs / Bums and Tums
 1900-2000 Kettle Combo (S2)
 1930-2030 **NEW** Pound

Friday

0700-0800 HIIT Strength
 1000-1100 **FIT* (Friday Interval Training) SH**
 0930-1030 **NEW** Zen Fit
 1030-1130 Strictly Latin
 1200-1300 Aquafit
 1215-1245 Seated Yoga (GR)
 1245-1315 Seated Yoga (GR)
 1800-1900 Circuits

Saturday

0830-0930 Cardio Fusion
 0930-1030 HIIT Strength

Sunday

1000-1100 Kettlercise
 1100-1200 Les Mills Body Balance

K E Y	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	FS = Fitness Suite SH = Sports Hall GR = Green Room S2 = Studio 2

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 alternative language, please
 contact Pembrokeshire County
 Council on 01437 764551



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Customer Information

*This class is suitable for adults with a learning disability
 This timetable was correct at time of press, please call
 or check online for up to date information as we are
 constantly evolving our programme of classes

Classes run for 55 mins

01437 776676

e: haverfordwestleisurecentre@pembrokeshire.gov.uk

www.pembrokeshire.gov.uk/leisure