

# Haverfordwest

## LEISURE CENTRE



# Group Exercise Timetable

March 4th - April 28th 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 BODYBALANCE  
 1200-1300 Easy Aqua Circuits  
 1700-1750 Kettleercise (SH)  
 1730-1830 BoxFit  
 1815-1915 Circuits (SH)  
 1830-1930 Les Mills BODYPUMP  
 1930-2030 **NEW** Zen Fit

### Tuesday

0930-1030 Les Mills BODYPUMP  
 1030-1130 BoxFit  
 1130-1230 Pilaticise  
 1300-1400 Gentle Circuits  
 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  
 1000-11:00 HIIT  
 1100-1200 Pilates  
 1200-1300 Aquafit  
 1215-1245 Express Kettleercise  
 1245-1315 Les Mills BODYBALANCE Express  
 1315-1415 Buggy Fitness  
 1700-1710 Les Mills Smart Start Set up  
 1710-1800 Les Mills BODYPUMP Express  
 1800-1900 Les Mills BODYBALANCE  
 1900-1930 HIIT Express  
 1930-2000 Strength and core training (S2)  
 1930-2030 Retro Aerobics

### Thursday

0650-0750 **NEW** Power Yoga course (GR)  
 0700-0730 Circuit Blast  
 0930-1030 Les Mills BODYPUMP  
 1030-1130 Total Body Workout  
 1215-1245 Les Mills BODYPUMP Express  
 1730-1830 Pilaticise  
 1800-1900 Circuits (SH)  
 1830-1930 Legs / Bums and Tums  
 1900-2000 Kettle Combo (S2)

### Friday

0700-0800 HIIT Strength  
 1000-1100 **FIT 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 Kettleercise  
 1100-1200 Les Mills BODYBALANCE

K E Y	<b>CARDIO</b>
	<b>DANCE</b>
	<b>MIND &amp; BODY</b>
	<b>STRENGTH &amp; CONDITIONING</b>
	FS = Fitness Suite SH = Sports Hall GR = Green Room S2 = Studio 2

**For a copy in large print, easy-read, braille, audio or an alternative language, please contact Pembrokeshire County Council on 01437 764551**



### 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