Fishguard
LEISURE CENTRE

Pembrokeshire Leisure
Hamdden Sir Benfro

Fishguard Leisure Centre
Group Exercise Timetable
April 29th – June 2nd 2019

Monday
0830-0900 Synrgy
1230-1300 Synrgy
1730-1800 Synrgy
1800-1900 Circuits
1800-1900 Dance Fusion
1800-1900 Spin 4 All
1915-1945 Spring Fit
1915-2015 Cycle Fit Spin

Tuesday
0915-1000 Spin 4 All
1145-1245 Leisure Group
1150-1250 Aqua Fit
1315-1400 Fit @ 50 Synrgy
1430-1530 Pilates
1730-1830 Kettlebells
1800-1845 Beginners Spin
1830-1930 Pilates
1900-1945 Cardio Combat
1900-2000 Adult Swimming Lessons for Improvers
2000-2100 Adult Swim Fit For Advanced

**This class is suitable for adults with a learning disability

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

Booking is essential for all classes. To book or for further information please contact us on: 01437 775504

Version 1

Correct at time of print

Wednesday
0930-1000 Synrgy
1230-1300 Synrgy
1430-1530 Keep Fit
1630-1700 Express Spin 4 All
1730-1830 Spin 4 All
1730-1800 Synrgy
1800-1900 Body Conditioning
1900-2000 Pilates for Beginners
1845-1945 20/20/20

Thursday
0900-1000 Aqua Fit
0930-1000 Synrgy
1000-1030 NEW!! Synrgy
1300-1700 Bi-Weekly Walks
1345-1415 NEW!! Chair Aerobics Starts May 16th
1745-1815 Spring Fit
1830-1930 Total Body Sculpt
1900-2000 Spin 4 All
1915-2015 Adult Swimming Lessons for Beginners

Friday
0900-1000 Strength & Balance Synrgy
1015-1100 **Let's Get Active
1015-1115 Leisure Group
1700-1800 Pilates
1815-1900 Friday Fitness

Saturday
0930-1000 Synrgy

Sunday
0915-0945 HIIT Spin
1000-1045 Circuits



Cardio	Strength & Conditioning	Dance	Mind & Body	Cycle