

All classes are booked for 55 minutes

April 29th - July 21st 2019

EASYLINE

Monday

0700-0730 Suspension Fitness training
0730-0800 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 Suspension Fitness Training

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 Kettle Combo

Friday

0900-1000 Easyline for all
1645-1730 Private Hire

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

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www.pembrokeshire.gov.uk/leisure

