



June – August 2019

St Davids Sports Hall

Tuesday

11:00-12:00 Pilates

NEW 18:15-19:00 Group Cycling

NEW 19:00-19:45 Total Body Workout

Friday

09:00-09:30 Express Kettlebells

09:30-10:30 Core & Stretch

Hall Hire Available Monday-Friday*

Opening Hours

Monday	0800 – 1200 & 1600 – 2100
Tuesday	0800 – 1200 & 1600 – 2000
Wednesday	0800 – 1200 & 1600 – 2100
Thursday	0800 – 1200 & 1600 – 2000
Friday	0800 – 1200 & 1600 – 2000
Saturday	0800 – 1100
Sunday	0930 – 1230

For more information or to book

Call St Davids Sports Hall on 01437 775506

*Please contact the centre for information.

The hall cannot be hired for commercial gain