

# Haverfordwest

LEISURE CENTRE

## Easyline Timetable



Pembrokeshire Leisure  
Hamdden Sir Benfro

All classes are booked for 55 minutes

**November 4th - December 22nd 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

#### Thursday

1000-1100 Movement for all class  
1130-1230 Easyline For All  
1330-1430 Exercise Referral  
1645-1715 Private Hire  
1730-1830 Private Hire

#### 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  
1900-1945 **NEW** Easyline for Slimmers

#### Friday

0900-1000 Easyline for all  
1645-1730 Private Hire

#### 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  
1930-2015 Kettles, core & more

**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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