

Haverfordwest

LEISURE CENTRE

Group Exercise Timetable



November 4th - December 22nd 2019

GROUP EXERCISE

Monday

0700-0730 Strength and Suspension training(S2)
 0730-0800 Strength and Suspension 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 Kettlercise (SH)
 1715-1800 CardioBox
 1800-1900 Bar & Bell
 1815-1915 Circuits (SH)
 1930-2030 Zen Fit

Tuesday

0700-0745 **NEW** HIIT Strength
 0930-1030 Les Mills BODYPUMP™
 1030-1130 CardioBox
 1100-1200 Crew Rowing (FS)
 1130-1230 Pilaticise
 1130-1230 Gentle Circuits (SH)
 1530-1630 Yoga (GR)
 1700-1800 Yoga (GR)
 1710-1800 Studio 2 Circuits
 1800-1900 Circuits (SH)
 1800-1900 Strictly Fit Steps
 1900-1945 **NEW** Easyline for Slimmers (S2)
 1900-2000 Hoopacise

Wednesday

1000-1100 Les Mills BODYATTACK™
 1100-1200 Pilates
 1200-1300 Aquafit
 1215-1245 Express Kettlercise
 1245-1315 Les Mills BODYBALANCE™ Express
 1700-1730 Les Mills BODYPUMP™ Express
 1730-1800 Les Mills BODYATTACK™ Express
 1800-1900 Les Mills BODYBALANCE™
 1900-1930 HIIT Express
 1930-2015 Kettles, core & more (S2)
 1930-2015 **NEW** Fun & Fitness

Thursday

0700-0730 Circuit Blast
 0930-1030 Les Mills BODYPUMP™
 1030-1130 Total Body Workout
 1230-1330 **NEW** Buggy Fitness
 1730-1830 Pilaticise
 1830-1930 Legs / Bums and Tums
 1930-2030 **NEW** POUND®

Friday

0700-0755 **NEW** Les Mills BODYBALANCE™
 0930-1030 Zen Fit
 1000-1100 FIT (SH)
 1030-1130 Strictly Latin
 1200-1300 Aquafit
 1215-1245 Seated Yoga (GR)
 1245-1315 Seated Yoga (GR)
 1430-1530 Tai Chi Movements for well-being (TMW) (GR)
 1800-1900 Circuits

Saturday

0830-0930 Les Mills BODYATTACK™
 0930-1030 **NEW** Strength & Suspension training (S2)

Sunday

1000-1100 Kettlercise
 1100-1200 Les Mills BODYBALANCE™

K E Y	CARDIO
	DANCE
	MIND & BODY
	STRENGTH & CONDITIONING
	FS = Fitness Suite SH = Sports Hall GR = Green Room S2 = Studio 2

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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

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www.pembrokeshire.gov.uk/leisure