

# Haverfordwest

## LEISURE CENTRE

# Group Cycling



Pembrokeshire Leisure  
Hamdden Sir Benfro

**November 4th - December 22nd 2019**

## GROUP CYCLING

### Monday

1000-1100 Mixed ability  
1800-1900 Mixed ability  
1900-2000 Mixed ability

### Tuesday

0700-0800 Mixed ability  
1000-1100 Mixed ability  
1800-1900 Mixed ability  
1900-2000 Mixed ability

### Wednesday

0930-1000 **NEW** HIIT  
1000-1100 Mixed ability  
1800-1900 Mixed ability  
1900-2000 Mixed ability

### Thursday

1030-1130 Mixed ability  
1800-1900 Mixed ability  
1900-2000 Cycle to Power with  
Oliver Simon

### Friday

0700-0800 Mixed ability  
1000-1100 Mixed ability  
1100-1130 Gentle Cycle  
1800-1900 Mixed ability

### Saturday

0900-1000 Mixed ability

The classes in **BOLD** are perfect for those who want to start Group Cycling

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

**All our sessions ( unless stated ) are for all abilities. You and your instructor work to your own limits to give you the best workout possible**

# 01437 776676

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