Milford Haven
LEISURE CENTRE

Pembrokeshire Leisure
Hamdden Sir Benfro

Group Exercise Timetable

16th December 2019 – 5th January 2020

Monday 16th December

0630 – 0700	Les Mills GRIT
0900 – 1000	Aquafit
1000 – 1100	Aqua Therapy
0930 – 1030	Les Mills Body Pump
1730 – 1800	Les Mills Body Pump Express
1800 – 1900	Les Mills Body Attack
1730 – 1800	Express Spin
1800 – 1900	Spin

Tuesday 17th December

0630 – 0700	Les Mills GRIT
0930 – 1000	Les Mills Body Attack
1000 – 1030	Les Mills Body Pump
1730 – 1800	Les Mills Body Pump Express
1730 – 1800	Express Spin
1800 – 1900	Spin
1800 – 1900	Les Mills Body Balance

Wednesday 18th December

0630 – 0700	Les Mills GRIT
0915 – 0945	Express Spin
1000 – 1100	Les Mills Body Balance
1730 – 1800	Les Mills GRIT
1800 – 1900	Kettlecise
1800 – 1900	Les Mills Body Pump

Thursday 19th December

0630 – 0700	Les Mills GRIT
1730 – 1800	Les Mills GRIT
1800 – 1845	Les Mills Body Attack

Friday 20th December

0630 – 0700	Les Mills GRIT
0930 – 1030	Les Mills Body Attack
1730 – 1800	Les Mills Body Pump Express

Saturday 21st December

0900 – 1000	Les Mills GRIT

Sunday 22nd December

0900 – 1000	Les Mills Mix

Friday 27th December

0900 – 1000	Les Mills Body Pump
1000 – 1030	Express Spin

Saturday 28th December

0900 – 1000	Les Mills GRIT
1000 – 1030	Les Mills Body Balance

All classes will only run with a minimum of 6 participants. Please do not forget to book

KEY
CARDIO
STRENGTH & CONDITIONING
MIND & BODY
SPINNING

Book online or via the Pembs Leisure App.

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Tel: 01437 775959

www.pembrokeshire.gov.uk/leisure