

**Fishguard Leisure Centre  
Group Exercise Timetable  
December 23<sup>rd</sup> 2019 – January 5<sup>th</sup> 2020**

**Monday December 23<sup>rd</sup> 2019**

0830-0900 **Synrgy**  
1800-1900 **Circuits**  
1915-2015 **Spin 4 all**

**Tuesday 24<sup>th</sup> – Thursday 26<sup>th</sup> Closed**

**Friday December 27<sup>th</sup> 2019**

0900-1000 **Synrgy**

**Saturday December 28<sup>th</sup> 2019**

1100-1130 **Synrgy**

**Sunday December 29<sup>th</sup> 2019**

0915- 1000 **Spin 4 all**

**Monday December 30<sup>th</sup> 2019**

0830-0900 **Synrgy**

**Tuesday December 31<sup>st</sup> 2019**

Closed

**Wednesday January 1<sup>st</sup> 2020**

Closed

**Thursday January 2<sup>nd</sup> 2020**

0930-1000 **Synrgy**  
1000-1030 **Express Spin 4 All**  
1830-1930 **Total Body Sculpt**  
1830-1930 **Spin 4 all**

**Friday January 3<sup>rd</sup> 2020**

0900-1000 **Strength & Balance Synrgy**  
1700-1800 **Pilates**  
1815-1900 **Friday Fitness**

**Saturday January 4<sup>th</sup> 2020**

0930-1000 **Synrgy**

**Sunday January 5<sup>th</sup> 2020**

0915-1000 **Spin 4 all**

For a copy in large print, easy-read, Braille, audio, or an alternative language, please contact Pembrokeshire County Council on: 01437 764551

Booking is essential for all classes. To book or for further information please contact us on:  
01437 775504

*Version 1, Correct at time of print*



Cardio	Strength & Conditioning	Dance	Mind & Body	Cycle
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