

Haverfordwest

LEISURE CENTRE

Group Exercise Timetable



January 6th - April 19th 2020

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 Gentle Circuits (SH)
 0900-1000 Strictly Fit Steps
 1000-1200 Lets' Get Active* (SH)
 1000-1100 HIIT
 1100-1200 Les Mills BODYBALANCE™
 1200-1300 Aquafit
 1700-1750 Kettlercise (SH)
 1715-1800 CardioBox
 1800-1900 Bar & Bell
 1815-1915 Circuits (SH)
 1930-2030 NEW Yoga Inspired

Tuesday

0700-0745 NEW HIIT Strength
 0930-1030 Les Mills BODYPUMP™
 1030-1130 CardioBox
 1100-1200 Row-Fit (FS)
 1130-1230 Pilaticise
 1130-1230 Gentle Circuits (SH)
 1530-1630 Yoga (GR)
 1700-1800 Yoga (GR)
 1710-1800 Easyline Circuits
 1800-1900 Circuits (SH)
 1800-1900 Strictly Fit Steps
 1830-1915 NEW Easyline for Slimmers (STP gym)
 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™
 1900-2000 NEW POUND

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

Friday

0700-0755 NEW Les Mills BODYBALANCE™
 0930-1030 NEW Yoga Inspired
 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 Strength & Suspension training

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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 alternative language, please
 contact Pembrokeshire County
 Council on 01437 764551



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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