Milford Haven
LEISURE CENTRE

Pembrokeshire Leisure
Hamdden Sir Benfro

Group Exercise Timetable

6th January – 19th April 2020

Monday

0630 – 0700	Les Mills GRIT
0800 – 0830	Synrgy
0930 – 1030	Les Mills Body Pump
0900 – 1000	Aquafit
1730 – 1800	Les Mills Body Pump Express
1800 – 1900	Les Mills Body Attack
1730 – 1800	Express Spin
1800 – 1900	Spin
1900 – 2000	Retro Aerobics

Tuesday

0630 – 0700	Les Mills GRIT
0700 – 0730	Express Spin **New**
0930 – 1000	Les Mills Body Pump Express
1000 – 1030	Les Mills Body Attack Express
1030 – 1130	Legs Bums & Tums
1730 – 1800	Les Mills Body Pump Express
1730 – 1800	Express Spin
1800 – 1900	Spin
1800 – 1900	Les Mills Body Balance
1900 – 2000	Aquafit

Wednesday

0630 – 0700	Les Mills GRIT
0915 – 0945	Express Spin
1000 – 1100	Les Mills Body Balance
1200 – 1300	Beginners Pilates
1700 – 1800	Exercise Referral Circuits
1730 – 1800	Les Mills GRIT
1800 – 1845	Les Mills Body Pump 45
1900 – 2000	Kettlercise
1900 – 2000	Core Balance

Thursday

0630 – 0700	Les Mills GRIT
0700 – 0730	Express Spin
0930 – 1000	Synrgy (Women Only)
1045 – 1145	Gentle Keep Fit
1730 – 1800	Les Mills GRIT
1800 – 1845	Les Mills Body Attack 45
1800 – 1900	Spin

Friday

0630 – 0700	Les Mills GRIT
0815 – 0915	Pilates
0930 – 1030	Les Mills Body Attack
1630 – 1730	Les Mills Body Balance **New Time**
1700 – 1800	Spin **New**
1900 – 2000	Interval Step

Saturday

0830 – 0930	P90X

Sunday

0830 - 0930	Les Mills Mix
1000 – 1100	Core Balance

For a copy in large print, Braille, audio tape or an alternative language, please call:
01437 776455

*Booking & Cancellation Policy Applies
*Online Booking Available

KEY	
	CARDIO
	STRENGTH & CONDITIONING
	MIND & BODY
	CYCLE

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