

Fishguard Leisure Centre Group Exercise Timetable January 6th – February 23rd 2020

Monday

0830-0900 **Synrgy**
1230-1300 **Synrgy**
1730-1800 **Synrgy**
1800-1900 **Circuits**
1800-1900 **Dance Fusion**
1900-2000 NEW!! **Health & wellbeing challenge*** starts Jan 13th
1915-2015 **Spin 4 All** 

Tuesday

0915-1000 **Spin 4 All** 
1115-1215 **Leisure Group**
1200-1300 **Aqua Fit**
1315-1400 **Fit @ 50 Synrgy**
1430-1530 **Pilates**
1730-1830 **Kettlebells**
1800-1845 **Beginners Spin** 
1830-1930 **Pilates**
1830-1915 **Box Fit**
1900-2000 **Adult Swimming Lessons for Improvers**
2000-2100 **Adult Swim Fit For Advanced**

* 6 week course

**This class is suitable for adults with a learning disability

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



Coach by Colour

Wednesday

0930-1000 **Synrgy**
1230-1300 **Synrgy**
1430-1530 **Keep Fit**
1730-1830 **Spin 4 All** 
1730-1800 **Synrgy**
1800-1900 **Body Conditioning**
1845-1945 **Cardio & Kettles**
1900-2000 **Pilates for Beginners**

Thursday

0800-0900 **Aqua Fit**
0930-1000 **Synrgy**
1000-1030 **Synrgy**
1000-1030 **Express Spin 4 All** 
1300-1700 **Bi-Weekly Walks**
1330-1415 **Chair Aerobics**
1745-1815 **Spring Fit**
1830-1930 **Cycle Fit** 
1830-1930 **Total Body Sculpt**
1915-2015 **Adult Swimming Lessons for Beginners**

Friday

0900-1000 **Strength & Balance Synrgy**
1015-1100 ****Let's Get Active**
1015-1115 **Leisure Group**
1700-1800 **Pilates**
1815-1900 **Friday Fitness**

Saturday

0900-0930 NEW!! **Synrgy**
0930-1000 **Synrgy**

Sunday

0915-0945 **HIIT Spin**
1000-1045 **Circuits**



Cardio	Strength & Conditioning	Dance	Mind & Body	Cycle
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