

GROUP EXERCISE TIMETABLE

MONDAY 22ND JULY - SUNDAY 1ST SEPTEMBER 2024

ST DAVIDS & COMMUNITY CLASSES



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|--|
| <p>St Davids Sports Hall 8:30 - 9:30AM Body Conditioning (TT)</p> | <p>St Davids Sports Hall 3:30 - 5:00PM Junior Fitness (Gym)</p> | <p>St Davids Sports Hall 8:05 - 8:50AM Mind & Body (Gentle)* (A4L)</p> | <p>Victoria Hall Roch 9:15 - 10:15AM Total Body Workout (TT)</p> | <p>St Davids Sports Hall 8:30 - 9:30AM Kettlebells (TT)</p> | <p>St Davids Sports Hall 8:30 - 9:30AM Kangoo Dance™</p> |
| <p>Victoria Hall Roch 9:15 - 10:15AM Total Body Workout (TT)</p> | <p>St Davids Sports Hall 6:00 - 7:00PM Group Cycle</p> | <p>St Davids Sports Hall 9:00 - 10:00AM Circuits (Gym) (A4L) (TT)</p> | | | <p>St Davids Sports Hall 9:35 - 10:35AM Pilates</p> |
| | <p>St Davids Sports Hall 7:00 - 8:00PM Kettlebells</p> | | | | |



01437 776676



haverfordwestleisurecentre@pembrokeshire.gov.uk

| | | |
|--|-------------------------|-------|
| CARDIO | MIND & BODY | DANCE |
| (A4L) ACTIVE 4 LIFE | STRENGTH & CONDITIONING | CYCLE |
| (TT) TERM TIME ONLY | * NEW/UPDATED | |
| Although not essential, we would recommend booking to guarantee your space | | |



ALL TIMETABLES ARE AVAILABLE ON OUR APP. THIS ITEM IS ALSO AVAILABLE IN WELSH.

FOR A COPY IN LARGE PRINT, EASY-READ, BRAILLE, AUDIO, OR AN ALTERNATIVE LANGUAGE, PLEASE CONTACT PEMBROKESHIRE COUNTY

COUNCIL ON 01437 764551