



## **POP UP TIMETABLE**

Wednesday 1st November 06:00PM - 06:45PM HIIT SPIN 06:50PM - 07:20PM CORE

Thursday 2nd November 08:00AM - 09:00AM Wake Up Yoga

Friday 3rd November 08:00AM - 09:00AM Wake Up Yoga

 Tuesday 7th November

 04:00PM - 05:00PM Zumba™

 07:00PM - 07:45PM Les Mills BODYBALANCE™

Wednesday 8th November 08:45AM - 09:30AM Aqua Yoga Taster 06:00PM - 06:45PM HIIT SPIN

Thursday 9th November 08:00AM - 09:00AM Wake Up Yoga

Friday 10th November 08:00AM - 09:00AM Wake Up Yoga

 Tuesday 14th November

 04:00PM - 05:00PM Zumba™

 07:00PM - 07:45PM Les Mills BODYBALANCE™

Wednesday 15th November 06:00PM - 06:45PM HIIT SPIN

Friday 17th November 08:00AM - 09:00AM Wake Up Yoga Tuesday 21st November 04:00PM - 05:00PM Zumba™ 07:00PM - 07:45PM Les Mills BODYBALANCE™

Wednesday 22nd November 08:45AM - 09:30AM Aqua Yoga Taster 06:00PM - 06:45PM HIIT SPIN

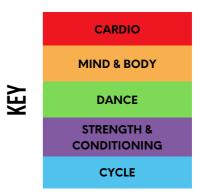
Thursday 23rd November 08:00AM - 09:00AM Wake Up Yoga

Friday 24th November 08:00AM - 09:00AM Wake Up Yoga

Tuesday 28th November 04:00PM - 05:00PM Zumba™ 07:00PM - 07:45PM Les Mills BODYBALANCE™

Wednesday 29th November 06:00PM - 06:45PM HIIT SPIN

Thursday 30th November 08:00AM - 09:00AM Wake Up Yoga



Version 1. Correct at the time of print. All of our timetables are available on our Pembs Leisure 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.

Haverfordwest Leisure Centre 01437 776676

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