

ST DAVIDS & COMMUNITY CLASSES

6th November - 22nd December

Monday

8:30am - 9:30am **Body Conditioning** St Davids
 9:15am - 10:15am **Total Body Fitness** Victoria Hall Roch
 6:00pm - 7:00pm **Pilates** Solva Memorial Hall

Tuesday

3:30pm - 5:00pm **Junior Fitness (Gym)** St Davids
 7:10pm - 8:00pm **Spin** St Davids
 8:00pm - 9:00pm **Kettlebells** St Davids

Wednesday

8:05am - 8:50am **Wake Up Pilates (A4L)** St Davids
 9:00am - 10:00am **Gym Circuits (A4L)** St Davids
 7:15pm - 8:15pm **Circuits** Solva Memorial Hall

Thursday

9:00am - 10:00am **Circuits** Victoria Hall Roch

Friday

8:30am - 9:30am **Kettlebells** St Davids



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KEY

CARDIO
MIND & BODY
DANCE
STRENGTH & CONDITIONING
CYCLE

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.