

GROUP EXERCISE TIMETABLE

MONDAY 28TH APRIL - SUNDAY 20TH JULY 2025

ST DAVIDS & COMMUNITY CLASSES



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
St Davids Sports Hall 8:30 - 9:30AM Kettlebells (TT)	St Davids Sports Hall 8:00 - 9:00PM Circuits*	St Davids Sports Hall 8:05 - 8:50AM Les Mills Shapes™ (TT)	Victoria Hall Roch 9:15 - 10:15AM Total Body Workout (TT)	St Davids Sports Hall 8:30 - 9:15AM Les Mills Strength Development™ (TT)	St Davids Sports Hall 8:45 - 9:30AM Les Mills Shapes™
Victoria Hall Roch 9:15 - 10:15AM Total Body Workout (TT)		St Davids Sports Hall 9:00 - 10:00AM Circuits (Gym) (A4L) (TT)	St Davids Sports Hall 3:30 - 5:00PM Junior Fitness (Gym)	St Davids Sports Hall 9:30 - 10:30AM Core & Stretch (TT)	
St Davids Sports Hall 5:10 - 5:55PM Group Cycle*			St Davids Sports Hall 7:10 - 7:55PM Group Cycle		



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