## MILFORD HAVEN LEISURE CENTRE



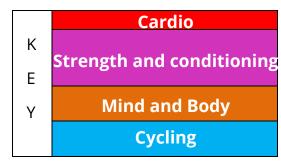
Pop-Up Classes Timetable May 2024

> Tuesday 28th 6pm - 6.45pm HIIT Spin

> Wednesday 29th 9am - 9.45am HIIT Spin







This timetable is subject to change. For the most up to date version refer to our website and the Pembs Leisure App.

All sessions must be booked and paid for in advance using our app or website.

Milford Haven Leisure Centre 01437 775959