

GROUP EXERCISE TIMETABLE

MONDAY 20TH JULY - SUNDAY 30TH AUGUST 2026



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:35 - 9:20AM Les Mills Strength Development	3:30 - 5:00PM Junior Fitness (Gym)	9:00 - 9:30AM MX4 (Gym) (A4L)	7:10 - 7:55PM Group Cycle		8:00 - 8:45AM Yoga (Flow)*
9:25 - 10:25AM Pilates	6:00 - 7:00PM Circuits	9:30 - 10:00AM MX4 (Gym) (A4L) 10:00 - 11:00AM Kettlebells			9:00-10:00AM Kettlebells*



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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