

GROUP EXERCISE TIMETABLE

TUESDAY 1ST SEPTEMBER - SUNDAY 20TH DECEMBER 2026



PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 - 7:45PM Group Cycle*	09:00 - 09:45AM Kettlebells*	8:05 - 8:50AM Pilaticise*	7:10 - 7:55PM Group Cycle	9:00 - 10:00AM Pilaticise*	8:00 - 8:45AM Yoga (Flow)
	10:00 - 10:30AM MX4 (Gym)* (A4L)	9:00 - 9:30AM MX4 (Gym) (A4L)			9:00-10:00AM Kettlebells
	3:45 - 5:00PM Junior Fitness* (Gym)	9:30 - 10:00AM MX4 (Gym) (A4L)			



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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