

Haverfordwest Leisure Centre Group Exercise Timetable

Commencing Tuesday September 1st 2020



**PEMBROKESHIRE
LEISURE
HAMDDEN SIR
BENFRO**

Monday

0930 – 1030 **HIIT**
1115 – 1215 **LM Body Balance**
1700 - 1745 **Kettlercise**
1830-1930 **Circuits**

Wednesday

1030 – 1130 **Pilatise**
1230 – 1330 **Total Body Workout**
1715 – 1815 **LM Body Pump**

Friday

0915 – 1015 **Core and conditioning**
1130 -1230 **Yoga**
1745 – 1845 **Circuits**

Tuesday

0930 – 1030 **LM Body Pump**
1130 – 1230 **Gentle Circuits**
1745 – 1845 **Circuits**
1930 – 2030 **Strictly Fit Steps**

Thursday

0930 -1030 **Boxfit**
1130 – 1230 **Vinyassa Flow Yoga**
1745 – 1845 **Pilaticise**
1930 -2030 **HIIT**

Saturday

0900- 1000 **LM Body Attack**

Sunday

1100 – 1200 **LM Body Balance**

Key

Cardio

Strength & Conditioning

Dance

Mind & Body

Cycle

Book your space online or using our Pembs Leisure App.

TELEPHONE BOOKINGS

Monday – Friday

0900-1700

01437 776676

Please note:

Book and pay in advance

Timetable subject to regular review and change.

Please head to our website: www.pembrokeshireleisure.co.uk for more information.

For a copy in large print, Braille, audio tape or an alternative language, please call: 01437 776455
Booking & Cancellation Policy Applies