Outdoor Group Exercise Timetable

Commencing Monday 3rd August 2020

PEMBROKESHIRE LEISURE
HAMDDEN SIR BENFRO

CRYMYCH LEISURE CENTRE

Monday
1745 – 1830 Body Weight Circuits
1900 – 1945 Metafit
Wednesday
1000 – 1045 Gentle Keep Fit
Thursday
1730 – 1815 Walk to Jog
1845 – 1930 Fitness Pilates

FISHGUARD LEISURE CENTRE

Monday
0800 – 0845 Fitness Pilates
1815 – 1900 Cardio Pyramid
Wednesday
0715 – 0800 HIIT
1800 – 1845 Dumbbell Strength
1900 – 1945 Core & More
Friday
0930 – 1015 Strength & Balance
1700 – 1745 Fitness Pilates
1815 – 1900 Step it Up!
Sunday
1000 – 1045 Total Body Workout

MILFORD HAVEN: THORTON HALL ATP

Monday
0930 – 1015 Les Mills Body Attack
1815 – 1900 Les Mills Grit Cardio
Tuesday
1730 – 1815 Core Balance
Wednesday
1730 – 1815 Les Mills Body Attack
Friday
0930 – 1015 Total Body Workout

TENBY LEISURE CENTRE

Monday
0930 – 1015 Strength and Stretch
From 10.08.20
1845 – 1930 Body Weight Circuits
Tuesday
0930 – 1015 Body Weight Circuits
1845 – 1930 HIIT
Wednesday
0930 – 1015 Hatha Yoga
1815 – 1900 Core
Saturday
0930 – 1015 Body Weight Circuits

PEMBROKE LEISURE CENTRE

Monday
0930 – 1015 Yoga
1845 – 1930 Metafit & Stretch
Tuesday
1845 – 1930 HIIT & Core
Wednesday
0930 – 1015 Gentle Circuits
1800 – 1845 Legs, Bums and Tums
Saturday
0930 – 1015 Body Weight Circuits

Key
Cardio
Strength & Conditioning
Dance
Mind & Body
Cycle

HAVERFORDWEST: PORTFIELD ATP

Monday
1000 – 1045 HIIT
1730 – 1815 Body Weight Circuits
Tuesday
1000 – 1045 Gentle Circuits
From 18.08.20
1730 – 1815 Body Weight Circuits
Wednesday
1000 – 1045 Core & Conditioning
1730 – 1815 Les Mills Body Balance
Thursday
1000 – 1045 Total Body Workout
1730 – 1815 HIIT
Friday
1000 – 1045 Line Dancing for Fun
From 21.08.20
1730 – 1815 Pilaticise
Saturday
1000 – 1045 Les Mills Body Attack
1100 – 1145 Pilaticise
Sunday
1100 – 1145 Les Mills Body Balance

Book your space online or using our Pembs Leisure App.

TELEPHONE BOOKINGS
Monday – Thursday
0900 – 1500
01437 775504

Please note:

Book and pay in advance. £3 per class.
Classes may be cancelled due to bad weather.
Timetable subject to regular review and change.

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