

MILFORD HAVEN  
LEISURE CENTRE



# Pop-Up Classes Timetable May 2024

Tuesday 28th  
6pm - 6.45pm **HIIT Spin**

Wednesday 29th  
9am - 9.45am **HIIT Spin**



K E Y	Cardio
	Strength and conditioning
	Mind and Body
	Cycling

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.