

Pembrokeshire NERS Class Timetable 2022/23

<p>Fishguard Leisure Centre</p> <p>Tuesday Back Class 1230-1330 NERS Circuit 1330-1415</p> <p>Wednesday Referral Gym 1800-1900</p> <p>Thursday Referral Gym 1100-1200 Walking Group** 1300-1500</p> <p>Friday NERS Circuits 0900-1000 Cardiac Rehab 3 1030-1130 Cardiac Rehab 4 1230-1330</p> <p>Saturday Referral Gym 1000-1100</p>	<p>Haverfordwest Leisure Centre</p> <p>Monday NERS Group Exercise 0930-1030 Exercise after Stroke 1030-1130 Referral Gym 1125-1225 Cardiac Rehab 3 1200-1330 Cardiac Rehab 4 1400-1530</p> <p>Tuesday Referral Gym 1800-1900</p> <p>Wednesday Referral Gym 0810-0910 Aqua Therapy 1000-1100 Balance & Strength 1030-1130 Falls Stability 1200-1300 Walking Group ** 1330-1500</p> <p>Thursday Referral Gym 0900-1000 Chronic Conditions Gym 1000-1130 NERS Group Exercise 1330-1430</p> <p>Friday Referral Gym 1200-1300</p>	<p>Pembroke Leisure Centre</p> <p>Monday Referral Gym 1645-1745</p> <p>Tuesday Pilates*** 1100-1200 Referral Gym 1245-1345</p> <p>Wednesday Cardiac Rehab 4 1015-1115 Cardiac Rehab 3 1145-1245 Cardiac Gym Circuits 1400-1500 Cardiac Cool 1500-1520 Down Swimming</p> <p>Thursday Referral Gym 1245-1345 Pilates*** 1630-1730</p> <p>Friday Referral Gym 0830-0930</p>	<p>Milford Haven Leisure Centre</p> <p>Monday Aqua Therapy 1100-1200</p> <p>Tuesday NERS Easyline 1100-1200 Balance & Strength 1130-1230</p> <p>Wednesday Referral Gym 1330-1430 NERS Circuits 1700-1800</p> <p>Thursday Cardiac Rehab 3 0930-1030 Cardiac Rehab 4 1045-1145 Exercise after Stroke 1200-1300</p> <p>Friday Pilates*** 0815-0915 NERS Easyline 1100-1200 NERS Circuits 1130-1230 Referral Gym 1330-1430</p>
<p>Tenby Leisure Centre</p> <p>Monday Referral Gym 1245-1345</p> <p>Tuesday Cardiac Rehab 4 1300-1400 Cardiac Rehab 3 1430-1530</p> <p>Wednesday Referral Gym 1245-1345</p> <p>Thursday Chronic Conditions Gym 1400-1500 NERS Circuits 1630-1730</p> <p>Friday Referral Gym 1200-1300</p>	<p>Thursday Referral Gym 0810-0910 Tai Chi (TMW)* 1245-1345 Chronic Conditions 1430-1530 Studio Class</p> <p>Friday Referral Gym 1200-1300</p>	<p>Crymych Leisure Centre</p> <p>Monday Referral Gym 1415-1515</p> <p>Wednesday Referral Gym 1130-1230</p> <p>Thursday Cardiac Gym 1400-1530</p> <p>Friday Referral Gym 1030-1130</p>	<p>*TMW is an abbreviation of "Tai Chi for movement and wellbeing"</p> <p>** The Walking Group meet once every two weeks</p> <p>*** Bookable through classes on the Pembs Leisure App</p>