## Hindley Leisure Centre: Exercise Classes Hindley Pool and Leisure Centre

Accurate as of 12/05/2024

Times for Monday 16 October		<b>(</b>
Time	Session	
11:45 - 12:45	Pilates	
13:00 - 14:00	Low Aerobics	
17:00 - 17:30	GRIT Strength	
19:20 - 20:05	Body Pump	