

# Hindley Leisure Centre: Exercise Classes

## Hindley Pool and Leisure Centre

Accurate as of 02/05/2024

### Times for Friday 31 August



| Time          | Session     |
|---------------|-------------|
| 11:00 - 12:00 | Low Circuit |
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| 17:00 - 17:30 | GRIT Cardio |
| 17:30 - 18:15 | Body Pump   |