

Hindley Leisure Centre: Exercise Classes

Hindley Pool and Leisure Centre

Accurate as of 30/04/2024

Times for Monday 17 September



| Time | Session |
|---------------|---------------|
| 10:30 - 11:30 | Low Circuit |
| 11:45 - 12:45 | Pilates |
| 13:00 - 14:00 | Low Aerobics |
| 17:00 - 17:30 | GRIT Strength |
| 18:15 - 19:15 | Bootcamp |
| 19:20 - 20:05 | Body Pump |