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

Accurate as of 30/04/2024

| Times for Saturday 22 September |               |
|---------------------------------|---------------|
| Time                            | Session       |
| 09:00 - 09:45                   | Boxercise     |
| 10:00 - 10:30                   | GRIT Cardio   |
| 10:30 - 11:00                   | GRIT Strength |
| 12:00 - 13:30                   | Basketball    |