Hindley Leisure Centre: Exercise Classes Hindley Pool and Leisure Centre

Accurate as of 02/05/2024

| Times for Friday 14 December | | () |
|------------------------------|-------------|----|
| Time | Session | |
| 11:00 - 12:00 | Low Circuit | |
| 11:00 - 12:00 | Low Circuit | |
| 17:00 - 17:30 | GRIT Cardio | |
| 17:30 - 18:15 | Body Pump | |