Hindley Leisure Centre: Exercise Classes

Hindley Pool and Leisure Centre

Accurate as of 12/10/2024

Times for Monday 21 January

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