

# Hindley Leisure Centre: Exercise Classes

## Hindley Pool and Leisure Centre

Accurate as of 17/05/2025

### Times for Friday 22 February



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