

# Hindley Leisure Centre: Exercise Classes

## Hindley Pool and Leisure Centre

Accurate as of 06/05/2024

### Times for Thursday 28 March



| Time          | Session       |
|---------------|---------------|
| 11:45 - 12:45 | Pilates       |
| 13:00 - 13:45 | Low Aerobics  |
| 18:00 - 19:00 | Yoga          |
| 18:30 - 19:00 | GRIT Strength |
| 19:00 - 19:30 | GRIT Cardio   |