

Hindley Leisure Centre: Exercise Classes

Hindley Pool and Leisure Centre

Accurate as of 23/04/2024

Times for Friday 24 May



| 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 |