

# Hindley Leisure Centre: Exercise Classes

## Hindley Pool and Leisure Centre

Accurate as of 03/05/2024

### Times for Thursday 18 July



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