

Hindley Leisure Centre: Exercise Classes

Hindley Pool and Leisure Centre

Accurate as of 26/04/2024

Times for Thursday 25 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 |