## Hindley Leisure Centre: Exercise Classes Hindley Pool and Leisure Centre

Accurate as of 02/05/2024

Times for Friday 23 August		<u>()</u>
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	