

Hindley Leisure Centre: Exercise Classes

Hindley Pool and Leisure Centre

Accurate as of 17/05/2025

Times for Thursday 5 December



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