Hindley Leisure Centre: Exercise Classes

Hindley Pool and Leisure Centre

Accurate as of 12/10/2024

Times for Friday 24 January

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