

Hindley Leisure Centre: Exercise Classes

Hindley Pool and Leisure Centre

Accurate as of 09/05/2024

Times for Tuesday 25 February



| Time | Session |
|---------------|-------------------|
| 09:30 - 10:30 | Low Aerobics |
| 18:00 - 18:45 | Aerotone |
| 19:00 - 20:00 | Legs, Bums & Tums |
| 20:00 - 21:00 | Zumba (14yrs+) |