

# Hindley Leisure Centre: Exercise Classes

## Hindley Pool and Leisure Centre

Accurate as of 13/05/2024

| Times for Thursday 11 June |               |
|----------------------------|---------------|
| 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   |