

Hindley Leisure Centre: Exercise Classes

Hindley Pool and Leisure Centre

Accurate as of 30/06/2024

Times for Monday 1 July



Time	Session	Facility
10:30 - 11:30	Low Circuit	Studio 2
12:30 - 13:30	Pilates	Studio 2
13:45 - 14:30	Low Aerobics	Studio 2
16:45 - 17:30	Family Let's Get Movin' (3-10yrs)	Studio 2
17:15 - 17:45	Grit Strength	Studio 1
18:00 - 18:45	Circuits	Studio 2
18:15 - 19:00	Zumba (14yrs+)	Studio 1
19:05 - 20:05	Yoga	Studio 1