

Hindley Leisure Centre: Exercise Classes

Hindley Pool and Leisure Centre

Accurate as of 30/06/2024

Times for Thursday 4 July



| Time | Session | Facility |
|---------------|-------------------|----------|
| 12:45 - 13:30 | Pilates | Studio 2 |
| 13:45 - 14:30 | Low Aerobics | Studio 2 |
| 18:00 - 19:00 | Yoga | Studio 2 |
| 18:30 - 19:00 | Grit Strength | Studio 1 |
| 19:05 - 19:35 | Body Conditioning | Studio 1 |