

# Hindley Leisure Centre: Exercise Classes

## Hindley Pool and Leisure Centre

Accurate as of 17/02/2019

(17-02-2019 - 23-02-2019)



Day	Time	Session	Facility	Instructor	Level	Type
Sun	09:30 - 10:30	BODYCOMBAT	Studio 1	Sarah	***	Cardiovascular
Sun	10:35 - 11:20	Body Pump	Studio 1	Sarah	***	Strength & Conditioning
Mon	10:30 - 11:30	Low Circuit	Studio 2	Judith	*	Circuit
Mon	11:45 - 12:45	Pilates	Studio 2	Angela	**	Holistic
Mon	13:00 - 14:00	Low Aerobics	Studio 2	Angela	*	Cardiovascular
Mon	17:00 - 17:30	GRIT Strength	Studio 1	Matt	***	Cardiovascular
Mon	18:15 - 19:15	Bootcamp	Studio 1	Gary	***	Circuit
Mon	19:30 - 20:30	Body Pump	Studio 1	Chongwei	***	Strength & Conditioning
Tue	09:30 - 10:30	Low Aerobics	Studio 2	Jilly	*	Cardiovascular
Tue	18:00 - 19:00	Aerotone	Studio 1	Zara K	***	Strength & Conditioning
Tue	19:00 - 20:00	Legs, Bums & Tums	Studio 1	Gemma	**	Strength & Conditioning
Tue	20:00 - 21:00	Zumba (14yrs+)	Studio 1	Gemma	***	Dance
Wed	19:00 - 20:00	Pilates	Studio 2	Jilly	**	Holistic
Wed	19:15 - 20:15	Hatton Boxing	Studio 1	Jimmy	***	Cardiovascular

<b>Day</b>	<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>	<b>Type</b>
Wed	20:00 - 21:00	Yoga	Studio 2	Jilly	**	Holistic
Thu	11:45 - 12:45	Pilates	Studio 2	Angela	**	Holistic
Thu	13:00 - 13:45	Low Aerobics	Studio 2	Angela	*	Cardiovascular
Thu	18:00 - 19:00	Yoga	Studio 2	Jilly	*	Holistic
Thu	18:30 - 19:00	GRIT Strength	Studio 1	Matt	***	Cardiovascular
Thu	19:00 - 19:30	GRIT Cardio	Studio 1	Matt	***	Cardiovascular
Thu	19:30 - 20:00	CXWORX	Studio 1	Matt	***	Cardiovascular
Fri	11:00 - 12:00	Low Circuit	Studio 2	Judith	*	Circuit
Fri	17:00 - 17:30	GRIT Cardio	Studio 1	Louise W	***	Cardiovascular
Fri	17:30 - 18:15	Body Pump	Studio 1	Louise W	***	Strength & Conditioning
Sat	09:00 - 09:45	Boxercise	Studio 1	Matt	**	Strength & Conditioning
Sat	10:00 - 10:30	GRIT Cardio	Studio 1	Matt	***	Cardiovascular
Sat	10:30 - 11:00	CXWORX	Studio 1	Matt	***	Cardiovascular
Sat	12:00 - 13:30	Back To Basketball	Sports Hall	Back To Sport Programme	**	Back to Sport