

# Hindley Leisure Centre: Exercise Classes

## Hindley Pool and Leisure Centre

Accurate as of 06/05/2024

| Times for Thursday 25 January |               |
|-------------------------------|---------------|
| Time                          | Session       |
| 11:45 - 12:45                 | Pilates       |
| 18:30 - 19:00                 | GRIT Strength |
| 19:00 - 19:30                 | GRIT Cardio   |