## Hindley Leisure Centre: Exercise Classes Hindley Pool and Leisure Centre

Accurate as of 04/05/2024

| Times for Friday 28 June | 0           |
|--------------------------|-------------|
| Time                     | Session     |
| 11:00 - 12:00            | Low Circuit |
| 11:00 - 12:00            | Low Circuit |
| 17:00 - 17:30            | GRIT Cardio |
| 17:30 - 18:15            | Body Pump   |