

# Hindley Leisure Centre: Exercise Classes

## Hindley Pool and Leisure Centre

Accurate as of 17/05/2025

### Times for Saturday 19 October



Time	Session
09:00 - 09:45	Boxercise
10:00 - 10:30	GRIT Cardio
10:30 - 11:00	GRIT Strength
12:00 - 13:30	Basketball