

# Hindley Leisure Centre: Exercise Classes

## Hindley Pool and Leisure Centre

Accurate as of 19/05/2024

### Times for Wednesday 8 May



Time	Session	Facility
11:15 - 12:15	Low Circuit	Studio 2
16:15 - 17:00	Let's Get Movin' (11-15 yrs)	Studio 2
17:45 - 18:15	Grit Athletic	Studio 1
18:20 - 19:05	Body Pump	Studio 1
19:00 - 20:00	Pilates	Studio 2
20:05 - 21:05	Yoga	Studio 2