

Haden Hill Leisure Centre

Fitness Timetable

Monday 3rd January - Sunday 9th January



** Please note that fitness classes may change. Contact the leisure centre for latest information. For your own health and safety and for the enjoyment of yourself and others, we strongly advise you arrive promptly for the start of all group fitness classes.



Monday Centre Closed

06:45 BODYPUMP45 (45mins)
09:15 INDOOR CYCLING 45 (45mins)
10:05 BURN & TONE
NEW CLASS (1hour)
09:30 AQUA FIT (45mins)
10:15 AQUA FIT (45mins)
12:15 SPRINT (45mins)
17:30 BLT+45 (45mins)
17:45 GRIT (30mins)
17:40 INDOOR CYCLING 30 (30mins)
18:15 SPRINT
NEW TIME (30mins)
18:30 FITNESS YOGA (1hour)
18:35 STEP (1hour)
19:35 BODYCOMBAT
NEW TIME (1hour)

Tuesday

Wednesday

06:45 SPRINT (30mins)
09:15 INDOOR CYCLING 45 (45mins)
10:00 FUNCTIONAL (30mins)
09:45 FITNESS YOGA (1hour)
11:00 MULTIFITNESS (1hour)
18:00 BODYPUMP
NEW TIME (1hour)
17:45 SPRINT (30mins)
18:20 GRIT
NEW TIME (30mins)
18:35 INDOOR CYCLING 45 (45mins)
19:00 ZUMBA (1hour)
19:20 POUND (45mins)
19:45 VIRTUAL CYCLING (45mins)

Thursday

06:45 FUNCTIONAL (30mins)
09:15 INDOOR CYCLING 45 (45mins)
09:30 AQUA FIT (45mins)
10:15 AQUA FIT (45mins)
10:35 50+ AEROBICS (1hour)
12:15 VIRTUAL CYCLING (45mins)
17:30 GRIT (30mins)
17:30 BOXFIT45 (45mins)
18:00 INDOOR CYCLING 45 *NEW TIME* (45mins)
18:15 BODYCOMBAT (1hour)
18:30 ZUMBA (1hour)
19:15 INDOOR CYCLING 45 (45mins)
19:15 FITNESS YOGA (1hour)
19:30 STRONG NATION
NEW TIME (1hour)
20:15 BLT+45
NEW CLASS (45mins)

Friday

06:45 SPRINT (30mins)
09:15 INDOOR CYCLING 45 (45mins)
09:30 FUNCTIONAL (30mins)
10:15 BODYPUMP (1hour)
17:30 SPRINT (30mins)
18:15 GRIT STRENGTH (30mins)
18:20 INDOOR CYCLING 30 (30mins)
19:00 FITNESS YOGA (1hour)

Saturday

08:15 SPRINT (30mins)
08:30 BODYPUMP (1hour)
09:10 INDOOR CYCLING 30 *NEW TIME* (30mins)
09:30 BODYCOMBAT (1hour)
09:45 INDOOR CYCLING 45 (45mins)
10:45 PILATES (1hour)
12:15 VIRTUAL CYCLING (45mins)

Sunday

08:30 GRIT (30mins)
08:45 INDOOR CYCLING 30 (30mins)
09:10 BLT+ (1hour)
09:20 INDOOR CYCLING 45 (45mins)
10:15 STEP (1hour)
10:15 BODYCOMBAT45 (45mins)
11:00 BODYPUMP45 (45mins)
12:15 VIRTUAL CYCLING (45mins)



0300 012 0121
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