

Haden Hill Leisure Centre

Fitness Timetable

Monday 20th December - Sunday 26th December



** 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

06:45 SPRINT (30mins)
08:30 AQUA LITE (45mins)
09:15 INDOOR CYCLING 45 (45mins)
09:30 FUNCTIONAL (30mins)
10:15 50+ AEROBICS (1hour)
12:15 VIRTUAL CYCLING (45mins)
17:30 BODYPUMP (1hour)
17:45 SPRINT (30mins)
18:00 GRIT (30mins)
18:30 BODYCOMBAT (1hour)
18:35 INDOOR CYCLING 30 (30mins)
18:45 PILATES (1hour)
19:00 AQUA FIT (45mins)
19:45 POUND (45mins)

Tuesday

06:45 BODYPUMP45 (45mins)
09:15 INDOOR CYCLING 45 (45mins)
09:30 AQUA FIT (45mins)
10:15 AQUA FIT (45mins)
12:15 SPRINT (30mins)
17:30 BLT+45 (45mins)
17:45 GRIT (30mins)
17:40 INDOOR CYCLING 30
18:25 SPRINT (30mins)
18:30 FITNESS YOGA (1hour)
18:35 STEP (1hour)
19:45 BODYCOMBAT (1hour)

Wednesday

06:45 SPRINT (30mins)
09:15 INDOOR CYCLING 45 (45mins)
10:00 FUNCTIONAL (30mins)
09:45 FITNESS YOGA (1hour)
11:00 MULTIFITNESS (1hour)
17:30 BODYPUMP (1hour)
17:45 SPRINT (30mins)
18:30 GRIT (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)
17:30 GRIT (30mins)
17:45 INDOOR CYCLING 45 (45mins)
18:15 BODYCOMBAT (1hour)

Friday
Centre Closed

Saturday
Centre Closed

Sunday
Centre Closed



0300 012 0121
www.slt-leisure.co.uk