

Haden Hill Leisure Centre

Fitness Timetable

Monday 27th December - Sunday 2nd 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

Tuesday

Centre Closed

Wednesday

06:45 SPRINT (30mins)
08:15 BODYPUMP
(1hour)
09:15 INDOOR
CYCLING 45 (45mins)
09:45 FITNESS YOGA
(1hour)
11:00 MULTIFITNESS
(1hour)

Thursday

06:45 FUNCTIONAL
(30mins)
09:00 BODYCOMBAT
(1hour)
09:15 INDOOR
CYCLING 45 (45mins)
09:30 AQUA FIT (45mins)
10:15 AQUA FIT (45mins)
12:15 VIRTUAL
CYCLING (1hour)

Friday

06:45 SPRINT (30mins)
08:15 GRIT STRENGTH
(30mins)
09:00 POUND (45mins)
09:15 INDOOR
CYCLING 45 (45mins)
10:15 BODYPUMP
(1hour)

Saturday

Centre Closed

Sunday

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



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