

HADEN HILL LEISURE CENTRE

FITNESS TIMETABLE DECEMBER 23RD – 29TH



MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH	SATURDAY 28TH	SUNDAY 29TH
06:45 SPRINT 09:15 INDOOR CYCLING 45 09:30 FUNCTIONAL 10:00 50+ AEROBICS 11:00 FITNESS YOGA 12:15 VIRTUAL CYCLING 16:00 SPRINT 16:30 GRIT STRENGTH	06:45 GRIT 09:15 INDOOR CYCLING 45 08:30 BODYPUMP 09:30 BODYCOMBAT 09:30 AQUA FIT 12.15 SPRINT	CENTRE CLOSED	CENTRE CLOSED	CENTRE CLOSED	08:30 BODYPUMP 09:30 BODYCOMBAT 09:30 INDOOR CYCLING 45	08:45 GRIT SERIES 09:30 INDOOR CYCLING 45 10:30 BODYPUMP



HADEN HILL LEISURE CENTRE

FITNESS TIMETABLE DECEMBER 30TH DEC – 5TH JAN



MONDAY 30TH	TUESDAY 31ST	WEDNESDAY 1ST	THURSDAY 2ND	FRIDAY 3RD	SATURDAY 4TH	SUNDAY 5TH
06:45 SPRINT 09:15 INDOOR CYCLING 45 09:30 FUNCTIONAL 10:00 50+ AEROBICS 11:00 FITNESS YOGA 12:15 VIRTUAL CYCLING 16:00 SPRINT 16:30 GRIT STRENGTH	06:45 GRIT SERIES 09:15 INDOOR CYCLING 45 09:30 AQUA FIT 08:30 BODYPUMP 09:30 BODYCOMBAT 12.15 SPRINT	CENTRE CLOSED	06:45 FUNCTIONAL 09:15 INDOOR CYCLING 45 09:30 AQUA FIT (LADIES ONLY) 10:15 50+ AEROBICS 10:15 AQUA FIT (LADIES ONLY) 12:15 VIRTUAL CYCLING 12:15 FUNCTIONAL 17:30 GRIT SERIES 17:45 INDOOR CYCLING 45 18:00 BODYCOMBAT 18:30 INDOOR CYCLING 30 19:00 FITNESS YOGA 19:00 ABS30 19:15 INDOOR CYCLING 45 19:30 STRONG BY ZUMBA 20:00 BLT 20:00 VIRTUAL CYCLING	06:45 SPRINT 08:45 AQUA LITE 09:15 BODYPUMP 09:30 FUNCTIONAL 10:15 INDOOR CYCLING 45 13:30 VIRTUAL CYCLING 17:30 SPRINT 18:00 GRIT STRENGTH 18:00 INDOOR CYCLING 45 19:00 FITNESS YOGA	08:30 BODYPUMP 08:45 INDOOR CYCLING 45 09:15 PILATES 09:30 BODYCOMBAT 09:30 INDOOR CYCLING 45 10:30 BLT 17:30 VIRTUAL CYCLING	08:45 INDOOR CYCLING 45 08:45 GRIT SERIES 09:30 INDOOR CYCLING 45 10:15 STEP 10:30 BODYPUMP 17:15 SPRINT 18:00 BODYPUMP45 18:30 AQUA FIT 18:45 BODYCOMBAT45 19:15 AQUA FIT

