



GET FIT FOR FREE

Free Adult Swimming:
Monday 6.30am – 7.30am

**Free Squash/Racquetball
(Booking Essential):** Tuesday & Thursday 12.20pm – 1.40pm

FREE CLASSES

	MILL HOUSE LEISURE CENTRE	BRIERTON SPORTS CENTRE	HEADLAND SPORTS CENTRE
FITNESS CLASSES	Circuit Training Wednesday 7.00pm – 7.45pm	Circuit Training Monday 8.00am – 8.45am	Pay & Play Badminton Monday 2.00pm – 3.00pm
	Hydrohex Move Sunday 8.00am – 8.45am	Spinning Tuesday 6.00pm – 7.00pm	Pay & Play Short Tennis Thursday 2.00pm – 3.00pm
GYM SESSIONS	Thursday 2.00pm – 3.00pm	Saturday 11am – 1pm	Monday 1.00pm – 2.00pm

Gym Inductions (Booking Essential):

Headland Sports Centre, Monday & Wednesday, 12pm | Mill House Leisure Centre, Monday, 7.15pm

Programme to run from 1st April 2025 – 30th June 2025

CONTACT

Mill House Leisure Centre Tel:
01429 523338 Raby Road,
Hartlepool, TS24 8AR

Brierton Sports Centre Tel:
01429 523338 Brierton Lane,
Hartlepool, TS25 4AF

Headland Sports Centre Tel:
01429 523338 Union Street,
Headland, Hartlepool, TS24 ONZ

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