



GET FIT FOR FREE

FREE CLASSES

	MILL HOUSE LEISURE CENTRE	BRIERTON SPORTS CENTRE	HEADLAND SPORTS CENTRE
FITNESS CLASSES	Spinning Tuesday 6.30am – 7.15am	Indoor Racket Games Tuesday 3.00pm – 4.00pm	Pay & Play Badminton Monday 2.00pm – 3.00pm
	Spinning Sunday 9.15am – 10.00am	Indoor Racket Games Thursday 3.00pm – 4.00pm	Indoor Racket Games Saturday 10.00am – 12.00pm
GYM SESSIONS	Thursday 2.00pm – 3.00pm	Saturday 11.00am – 1.00pm	Monday 1.00pm – 2.00pm

Gym Inductions (Booking Essential): Headland Sports Centre, Wednesday - 12pm
Programme to run from 5th January 2026 – 31st March 2026

Free Swimming:

Friday 7.30pm – 8.00pm

Masters Swim Training (Age 18+):

Monday 8.00am – 9.00am

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 0NZ

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