

# Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spinning</b> <sup>BSC</sup> 7.15am - 8.00am	<b>Spinning</b> <sup>BSC</sup> 7.00am - 7.45am	<b>Yoga</b> <sup>BSC</sup> 9.00am - 9.45am	<b>Circuit Training</b> <sup>BSC</sup> 9.00am - 10.00am	<b>Low Level Circuit</b> <sup>MHLC</sup> 10.15am - 11.00am		<b>Ab Blast</b> <sup>BSC</sup> 10.00am - 10.30am
<b>HIIT</b> <sup>BSC</sup> 8.00am - 8.30am	<b>BoxFit</b> <sup>BSC</sup> 10.00am - 11.00am	<b>Low Level Circuit</b> <sup>BSC</sup> 10.00am - 10.45am	<b>Spinning</b> <sup>BSC</sup> 12.15pm - 1.00pm	<b>Pilates</b> <sup>BSC</sup> 11.15am - 12.00pm	<b>Prices</b>	
<b>Body Conditioning</b> <sup>BSC</sup> 8.30am - 9.15am	<b>Low Level Circuit</b> <sup>MHLC</sup> 10.30am - 11.30am	<b>Pay &amp; Play Badminton</b> <sup>MHLC</sup> 10.00am - 12.00pm	<b>Strong Nation</b> <sup>HSC</sup> 5.00pm - 5.45pm	<b>Water Mobility</b> <sup>MHLC</sup> 12.00pm - 1.00pm	<b>Casual £5.00</b>	
<b>Pay &amp; Play Table Tennis</b> <sup>HSC</sup> 10.00am - 12.00pm	<b>Low Level Circuit</b> <sup>HSC</sup> 11.00am - 12.00pm	<b>Chairobics</b> <sup>HSC</sup> 10.30am - 11.15am	<b>Wipeout</b> <sup>BSC</sup> 6.00pm - 6.45pm	<b>HIIT</b> <sup>MHLC</sup> 12.45pm - 1.15pm	<b>Member £4.00</b>	
<b>Low Level Circuit</b> <sup>BSC</sup> 11.00am - 11.45am	<b>Spinning</b> <sup>HSC</sup> 5.00pm - 5.45pm	<b>Aquarobics</b> <sup>MHLC</sup> 11.00am - 12.00pm	<b>Step Fit</b> <sup>HSC</sup> 6.00pm - 6.45pm	<b>Chairobics</b> <sup>MHLC</sup> 1.00pm - 2.00pm	<b>Concession £3.00</b>	
<b>Aquarobics</b> <sup>MHLC</sup> 12.00pm - 1.00pm	<b>BoxFit</b> <sup>BSC</sup> 6.00pm - 7.00pm	<b>Water Mobility</b> <sup>MHLC</sup> 12.00pm - 1.00pm	<b>Aquarobics</b> <sup>MHLC</sup> 7.15pm - 8.00pm	<b>Spinning</b> <sup>BSC</sup> 5.00pm - 5.45pm	Free to all memberships inclusive of fitness classes. Membership available on a monthly basis, please ask reception.	
<b>Metafit</b> <sup>BSC</sup> 5.30pm - 6.00pm	<b>Yoga</b> <sup>MHLC</sup> 7.15pm - 8.00pm	<b>Bootcamp</b> <sup>BSC</sup> 5.15pm - 6.00pm		<b>Chairobics</b> <sup>MHLC</sup> 1.00pm - 2.00pm	Fitness sessions can be booked by contacting us on 01429 523338 or you can do this by signing up to our online booking system	
<b>Dancercise</b> <sup>HSC</sup> 5.00pm - 5.45pm		<b>Box HIIT</b> <sup>BSC</sup> 6.00pm - 6.45pm		<b>Spinning</b> <sup>BSC</sup> 5.00pm - 5.45pm	<a href="http://www.leisure.hartlepool.gov.uk/bookings">www.leisure.hartlepool.gov.uk/bookings</a>	
<b>Spinning</b> <sup>BSC</sup> 6.00pm - 6.45pm				<b>Bootcamp Circuit</b> <sup>BSC</sup> 6.00pm - 6.45pm		
<b>Step Fit</b> <sup>HSC</sup> 6.00pm - 6.45pm						
<b>Boxfit</b> <sup>MHLC</sup> 6.00pm - 7.00pm						
<b>Aquarobics</b> <sup>MHLC</sup> 7.15pm - 8.00pm						

Mill House Leisure Centre,  
Raby Road, Hartlepool, TS24 8AR

Brierton Sports Centre,  
Brierton Lane, Hartlepool, TS25 4AF

Headland Sports Centre,  
Union Street, Hartlepool, TS24 0NZ

### Cancellations

Cancelled bookings will be charged if less than 48 hours notice is given. Failure to pay for outstanding fees may result in the suspension of an individuals Get Hartlepool Active Card membership. Correct at time of print. Please note that times may vary and you should contact reception or alternatively check our website for the latest updates.

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