

Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Conditioning 8.30am - 9.15am BSC	Good Boost (Aqua) 7.45am - 8.30am MHLC	Yoga 9am - 9.45am BSC	Pay & Play Short Tennis 9am - 11am MHLC	Walking Netball 9.30am - 10.30am BSC	Football Coaching (2 - 4 years old) 9am - 10am BSC	Ab Blast 10am - 10.30am BSC
Pilates 9.30am - 10.15am BSC	Good Boost (Aqua) 8.30am - 9.15am MHLC	Low Level Circuit 10am - 10.45am BSC	Boxit/Circuit (alternates weekly) 10am - 11am HSC	Low Level Circuit 10am - 11am HSC	Football Coaching (5 - 11 years old) 10am - 11am BSC	
Pay & Play Table Tennis 10am - 12pm HSC	Low Level Circuit 10.15am - 11.30am MHLC	Pay & Play Badminton 10am - 12pm MHLC	Spinning 12.15pm - 1.00pm BSC	Chairobics 11am - 12pm MHLC	Prices	
Low Level Circuit 10.30am - 11.15am BSC	Low Level Circuit 11am - 12pm HSC	Chairobics 10.30am - 11.15am HSC	Boot Camp 1pm - 1.30pm BSC	Pilates 11.15am - 12pm BSC	<p>For all prices, please visit www.activehartlepool.co.uk or please speak to a member of staff</p>	
Aquarobics 12pm - 1pm MHLC	Spinning 5pm - 5.45pm HSC	Aquarobics 11am - 12pm MHLC	Pay & Play Short Tennis 2.15pm - 3.15pm HSC	Water Mobility 12pm - 1pm MHLC		
Pay & Play Badminton 2.15pm - 3.15pm HSC	Pilates 6pm - 7pm HSC	Water Mobility 12pm - 1pm MHLC	Tone 5pm - 5.45pm HSC	Social Dance 1pm - 3pm BSC	<p>Free to all memberships inclusive of fitness classes. Membership available on a monthly basis, please ask reception.</p> <p>Fitness sessions can be booked by contacting us on 01429 523338 or you can do this by signing up to our online booking system.</p> <p>www.leisure.hartlepool.gov.uk/bookings</p> <p>*Correct at the time of printing, 1st January 2024. For more information please visit our website, our social media pages or contact reception.</p>	
Walking Football 2pm - 3pm BSC	Spinning 6pm - 7pm BSC	Social Dance 1pm - 3pm HSC	Step Fit 6pm - 6.45pm HSC	Spinning 5pm - 5.45pm BSC		
Junior Fitness Suite (11 - 15 years old) 4pm - 5pm MHLC	Good Boost (Aqua) 6.30pm - 7.15pm MHLC	Bootcamp 5.15pm - 6pm BSC				
Dancercise 5pm - 5.45pm HSC	Good Boost (Aqua) 7.15pm - 8pm MHLC	Box HIIT 6pm - 6.45pm BSC				
Bums, Legs & Tums 5.15pm - 6pm BSC	Yoga 7.15pm - 8pm MHLC	Spinning 6pm - 6.45pm MHLC				
Spinning 6pm - 6.45pm BSC						
Step Fit 6pm - 6.45pm HSC						
Good Boost (Land) 6pm - 6.45pm MHLC						
Aquarobics 7.15pm - 8pm MHLC						

- 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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