

Fitness Timetable



Hartlepool
Borough Council



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit Training 8.00am - 8.45am BSC	Spinning 6.30am - 7.15am MHLC	Hydrohex 6.30am - 7.15am MHLC	Hydrohex 8.00am - 8.45am MHLC	Hydrohex 8.00am - 8.45am MHLC	Football Coaching (3 - 5 years old) 9am - 10am BSC	Hydrohex 8.00am - 8.45am MHLC
Hydrohex 8.00am - 8.45am MHLC	Bar & Bells 7.30am - 8.15am MHLC	Spinning 8.00am - 8.45am MHLC	Pay & Play Short Tennis 9.00am - 11.00am MHLC	Walking Netball 9.30am - 10.30am BSC	Football Coaching (6 - 10 years old) 10.00am - 11.00am BSC	Body Tone 8.15am - 9.00am MHLC
Masters Training 8.00am - 9.00am MHLC	Good Boost (Aqua) 7.45am - 8.30am MHLC	Booty Bands 9.00am - 9.45am MHLC	Boxit/Circuit (alternates weekly) 10am - 11am HSC	Low Level Circuit 10am - 11am HSC		Spinning 9.05am - 9.50am MHLC
Step & Tone 9.00am - 9.45am BSC	Good Boost (Aqua) 8.30am - 9.15am MHLC	Yoga 9.00am - 9.45am BSC	Low Level Circuit 10.30am - 11.15am MHLC	Chairobics 11am - 12pm MHLC		Ab Blast 10.00am - 10.30am MHLC
Pilates 10.00am - 10.45am BSC	Mobility Flow 8.30am - 9.15am MHLC		Water Mobility 12.00pm - 12.45pm MHLC	Pilates 11.00am - 11.45am BSC		
Pay & Play Table Tennis 10.00am - 12.00pm HSC	Dance Fit 9.45am - 10.30am MHLC	Step & Tone 10.00am - 10.45am MHLC	Spinning 1.00pm - 1.45pm MHLC	Chair Pilates 12.00pm - 12.45pm BSC		
Aquarobics 12.00pm - 1.00pm MHLC	Low Level Circuit 10.30am - 11.30am MHLC	Low Level Circuit 10am - 10.45am BSC	Low Level/Rehabilitation class 1.30pm - 2.30pm MHLC	Water Mobility 12pm - 1pm MHLC		
Pilates 1.00pm - 1.45pm MHLC	Low Level Circuit 11.00am - 12.00pm HSC	Pay & Play Badminton 10am - 12pm MHLC	Strength & Stretch 2.00pm - 2.45pm MHLC	Social Dance 1pm - 3pm BSC		
Post Natal Pilates 2.00pm - 2.45pm MHLC	Hydrohex 12.00pm - 12.45pm MHLC	Chairobics 11.15am - 12.00pm HSC	Pay & Play Short Tennis 2.15pm - 3.15pm HSC	Hydrohex 3.00pm - 3.45pm MHLC		
Walking Football 2pm - 3pm BSC	Mobility Flow 12.00pm - 12.30pm HSC	Aquarobics 11am - 12pm MHLC	Spinning 4.45pm - 5.30pm HSC	Junior Circuit Training (11-16 years old) 4.00pm - 4.30pm BSC		
Pay & Play Badminton 2.15pm - 3.15pm HSC	Junior Gym (11-16 years old) 4.00pm - 5.00pm MHLC	Water Mobility 12pm - 1pm MHLC	Dance Fit 5:30PM-6:15pm HSC	Spinning 5.00pm - 5.45pm MHLC		
Water Mobility 3.00pm - 3.45pm MHLC	Cycle Fit 5.00pm - 5.45pm HSC	Social Dance 1pm - 3pm HSC	Step & Tone 6:15PM-7.00pm HSC	Ab Blast 5.15pm - 5.45pm HSC		
Junior Circuit Training (11-16 years old) 4.15pm - 4.45pm MHLC	Spinning 5.15pm - 6.00pm MHLC	Hydrohex 3.00pm - 3.45pm MHLC	Hydrohex 8.00pm - 8.45pm MHLC	Hydrohex 8.00pm - 8.45pm MHLC		
Spinning 5.00pm - 5.45pm MHLC	Pilates 6.15pm - 7.00pm MHLC	Bootcamp 5.15pm - 6pm BSC				
Dancercise 5.00pm - 5.45pm HSC	Yoga 7.15pm - 8pm MHLC	Spinning 6pm - 6.45pm BSC				
Bums, Legs & Tums 5.15pm - 6pm BSC	Aquarobics 7.15pm - 8pm MHLC	Circuit Training 7.15pm - 8.00pm MHLC				
Step Fit 6pm - 6.45pm HSC	Hydrohex 8.00pm - 8.45pm MHLC	Hydrohex 8.00pm - 8.45pm MHLC				
Spinning 6.10pm - 6.55pm MHLC						
Booty Bands 7.10pm - 7.40pm MHLC						
Aquarobics 7.15pm - 8pm MHLC						
Rhythm Ride (Int - Adv) 7.50pm - 8.20pm MHLC						
Hydrohex 8.00pm - 8.45pm MHLC						

Prices

For all prices, please visit
www.activehartlepool.co.uk or
please speak to a member of staff

Free to all memberships inclusive of fitness classes.
Membership available on a monthly basis,
please ask reception.

Fitness classes can be booked online by visiting
https://activehartlepool.gladstonego.cloud/en_GB/book

*Correct at the time of printing, 1st September 2025. For
more information please visit our website, our social
media pages or contact reception.

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.

