

Fitness Timetable



Hartlepool
Borough Council



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit Training 7.30am - 8.15am BSC	Combat Burn 8.45am - 9.30am HSC	Yoga 9am - 9.45am BSC	Aerobics 8.30am - 9.30am BSC	Walking Netball 9.30am - 10.30am BSC	Football Coaching (3-5 years) 9am - 10am BSC	Lift Conditioning 8am - 8.45am HSC
Step and Tone 9am - 9.45am BSC	Dance Fit 9.45am - 10.30am HSC	Low Level Circuit 10am - 10.45am BSC	Pay and Play Badminton 9am - 11am HSC	Low Level Circuit 10am - 11am HSC	Football Coaching (6-10 years) 10am - 11am BSC	Spinning 9am - 9.45am HSC
Pilates 10am - 10.45am BSC	Low Level Circuit 10.30am - 11.30am HSC	Pay and Play Short Tennis 10am - 12pm HSC	Boxit/Circuit (alternates weekly) 10am - 11am HSC	Chairobics 11am - 12pm BSC	Family Silent Dance Aerobics 10am - 10.45am HSC	Abs Blast 10am - 10.30am HSC
Pay and Play Table Tennis 10am - 12pm HSC	Mobility Flow 11.45am - 12.15pm HSC	Step and Tone 11am - 12pm BSC	Yoga 11am - 12pm HSC	Stretch and Flex 12pm - 1pm BSC		
Yoga Box 12pm - 1pm BSC	Cycle Fit 5.15pm - 6pm HSC	Chairobics 11.15am - 12pm HSC	Low Level/Rehab 1.30pm - 2.30pm BSC	Social Dance 1pm - 3pm BSC		
Walking Football 2pm - 3pm BSC	Yoga 7.15pm - 8pm BSC	Stretch and Flex 12pm - 1pm BSC	Pay and Play Short Tennis 2.15pm - 3.15pm HSC	Abs Blast 5.15pm - 5.45pm HSC		
Pay and Play Badminton 2.15pm - 3.15pm HSC		Pilates 12.15pm - 1pm HSC	Pilates 4pm HAG	Spinning 6pm - 6.45pm HSC		
Legs, Bums and Tums 5.15pm - 6pm BSC		Social Dance 1pm - 3pm HSC	Spinning 4.45pm - 5.30pm HSC			
Dancercise 5.15pm - 6pm HSC		Bootcamp 5.15pm - 6pm BSC	Dance Fit 5.30pm - 6.15pm HSC			
Step Fit 6pm - 6.45pm HSC		Spinning 6pm - 6.45pm BSC	Step and Tone 6.15pm - 7pm HSC			

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.

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

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

**Hartlepool Art Gallery,
Church Street, Hartlepool TS24 7EQ**

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 individual's 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.

