

Fitness Timetable

Highlight Active Wellbeing Hub



Hartlepool
Borough Council



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spinning 6.45am - 7.15am	Energise Yoga 6.45am - 7.15am	Gym Group Circuit 6.45am - 7.15am	Express Spinning 6.45am - 7.15am	Express Spinning 7.30am - 8.00am	Step & Tone 8.15am - 9.00am	Les Mills Body Pump 8.00am - 8.30am
Les Mills Strength Development 7.30am - 8.30am	Les Mills Body Combat 7.30am - 8.00am	Les Mills RPM 8.00am - 8.45am	Bootcamp Circuits 7.30am - 8.15am	Les Mills Body Pump 9.30am - 10.15am	Group Cycle Connect 9.00am - 9.45am	Les Mills Strength Development 8.30am - 9.30am
Gym Group Circuit 9.00 - 9.45am	Aqua Cycle 8.15am - 9.00am	Clubbercise Combat & Tone 9.00am - 9.45am	Aqua Cycle 8.15am - 9.00am	Decades Group Cycle Connect 10.30am - 11.15am	Gym Group Circuit 9.00am - 9.45am	Family Clubbercise 9.30am - 10.15am
Ladies Only Lifting & Café 9.30am - 11.00am	Broadway Boogie 9.30am - 10.15am	Step & Tone 10.00am - 10.45am	Les Mills Body Pump 8.30am - 9.00am	Chairobics 11.00am - 12:00pm	Pilates 10.15am - 11.00am	Junior Gym 10.30am - 11.30am
Group Cycle Connect 11.00am - 11.45am	Les Mills RPM 10.30am - 11.15am	Gym Group Circuit 10.00am - 10.45am	Les Mills Shapes 9.30am - 10.15am	Low Intensity Clubbercise 12.00pm - 12.45pm	Family Silent Dance Aerobics 11.00am - 12.00pm	Hatha Yoga 5.00pm - 6.00pm
Clubbercise 11.00am - 11.45am	Low Level Circuit 10.30am - 11.30am	Multi-Level Interval Training 11.00am - 12.00pm	Les Mills Body Balance 10.30am - 11.15am	Water Mobility 12.00pm - 1.00pm	Junior Gym 12.00pm - 1.00pm	
Aquarobics 12.00pm - 1.00pm	Silent Dance Aerobics 11.30am - 12.30pm	Good Boost Land 12.00pm - 1.00pm	Post Natal Pilates 11.15am - 12.00pm	Good Boost Land 1.00pm - 1.45pm		
Les Mills Body Combat 12.15pm - 12.45pm	Mobility Flow 12.30pm - 1.15pm	Aquarobics 12.00pm - 1.00pm	Active Wellbeing 12.00pm - 1.00pm	Low Level Gym Circuit 3.30pm - 4.00pm		
Social Dance 1.00pm - 3.00pm	Wellbeing Circuits 1.30pm - 2.30pm	Junior Gym 4.00pm - 5.00pm	Water Mobility 12.15pm - 1.00pm	Junior Gym 4.00pm - 5.00pm		
Beginners Spin 1.00pm - 1.45pm	Junior Gym 4.00pm - 5.00pm	Born to Move 5.15pm - 6.00pm	Low Level Rehab 1.30pm - 2.30pm	Pilates 4.00pm - 5.00pm		
Low Level Group Circuit 1.45pm - 2.30pm	Les Mills Body Balance 5.15pm - 6.00pm	Gym Group Circuit 5.15pm - 5.45pm	Good Boost Land 1.30pm - 2.30pm	Active Wellbeing 5.15pm - 6.00pm		
Junior Gym 4.00pm - 5.00pm	Clubbercise 6.00pm - 6.45pm	Body Pump 6.15pm - 7.00pm	Junior Gym 4.00pm - 5.00pm	Group Cycle Connect 5.15pm - 6.00pm		
Easy Flow Yoga 4.00pm - 5.00pm	Gym Start Strong 6.00pm - 7.00pm	Group Cycle Connect 7.15pm - 8.00pm	Broadway Boogie Kids 4.00pm - 4.45pm	Ashtanga Yoga 6.15pm - 7.45pm		
Spinning 5.15pm - 6.00pm	Pilates 6.15pm - 7.00pm	Intermediate Yoga 7.00pm - 8.00pm	Family Clubbercise 5.15pm - 6.00pm	Gym Start Strong 6.00pm - 7.00pm		
Les Mills Shapes 5.15pm - 6.00pm	Yoga 7.00pm - 8.00pm		Spinning 5.15pm - 6.00pm			
Gym Group Circuit 5.15pm - 5.45pm	Aquarobics 7.00pm - 7:45pm		Ladies Only 6.15pm - 7.00pm			
Les Mills Body Combat 6.15pm - 6.45pm	Group Cycle Connect 7.45pm - 8.30pm		Group Cycle Connect 6.15pm - 7.00pm			
Gym Start Strong 6.00pm - 7.00pm			Clubbercise Combat & Tone 7.15pm - 8.00pm			
Les Mills Strength Development 6.45pm - 7.45pm			Aqua Cycle 8.00pm - 8.45pm			
Dance Fit 7.00pm - 7.45pm						
Aquarobics 7.15pm - 8.00pm						
Les Mills Body Pump 8.00pm - 8.30pm						

● Spin Studio
 ● Gym Floor
 ● Studio 1
 ● Studio 2
 ● Pool classes

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, June 2026. For more information please visit our website, our social media pages or contact reception.

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.