

Fitness Timetable

Virtual Classes



Hartlepool
Borough Council



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Les Mills CORE 6.45am - 7.15am	Group Cycle 8.00am - 8.30am	Les Mills THE TRIP 6.45am - 7.15am	Les Mills BODYPUMP 6.45am - 7.15am	Group Cycle 6.45am - 7.15am	Hydrohex HIIT 8.00am - 8.45am	Hydrohex HIIT 8.00am - 8.45am
Hydrohex Power 7.00am - 7.45am	Les Mills CEREMONY 8.15am - 9.05am	Les Mills BODYCOMBAT 6.45am - 7.15am	Les Mills SPRINT 8.00am - 8.30am	Les Mills BODYBALANCE 6.45am - 7.15am	Good Boost Aqua 8.00am - 8.45am	Good Boost Aqua 8.00am - 8.45am
Good Boost Aqua 7.00am - 7.45am	Ladies Only Group Cycle 9.15am - 10.00am	Hydrohex HIIT 6.45am - 7.30am	Les Mills RPM 11.00am - 11.50am	Hydrohex Cardio 7.00am - 7.45am	Les Mills SPRINT 8.00am - 8.30am	Les Mills RPM 9.00am - 9.50am
Group Cycle 8.00am - 8.35am	Les Mills RPM Base 11.30am - 12.05pm	Good Boost Aqua 6.45am - 7.30am	Group Cycle 12.15pm - 12.45pm	Good Boost Aqua 7.00am - 7.45am	Mens Only Les Mills BODYPUMP 9.15am - 10.00am	Les Mills CEREMONY 10.00am - 10.50am
Les Mills THE TRIP 9.30am - 10.15am	Hydrohex Power 12.00pm - 12.50pm	Les Mills BODYATTACK 7.30am - 8.00am	Les Mills DANCE 1.00pm - 1.30pm	Les Mills BODYATTACK 8.00am - 8.45am	Les Mills RPM 10.00am - 10.50am	Les Mills CORE 11.00am - 11.45am
Les Mills SPRINT 12.15pm - 12.45pm	Good Boost Aqua 12.00pm - 12.50pm	Les Mills SPRINT 9.30am - 10.00am	Group Cycle 1.00pm - 1.45pm	Les Mills THE TRIP 8.00am - 8.45am	Group Cycle 11.00am - 11.45am	Les Mills THE TRIP 11.00am - 11.45am
Hydrohex Move 2.45pm - 3.30pm	Les Mills SPRINT 12.15pm - 12.45pm	Les Mills THE TRIP BASE 11.00am - 11.20am	Hydrohex Cardio 7.00pm - 7.45pm	Les Mills RPM 12.15pm - 12.45pm	Les Mills BODYBALANCE 12.00pm - 12.45pm	Les Mills DANCE 12.00pm - 12.45pm
Good Boost Aqua 2.45pm - 3.30pm	Les Mills THE TRIP 1.30pm - 2.15pm	Les Mills SPRINT BASE 11.30am - 11.50pm	Good Boost Aqua 7.00pm - 7.45pm	Les Mills BODYCOMBAT 1.00pm - 1.45pm	Les Mills THE TRIP 12.00pm - 12.45pm	Les Mills ON DEMAND 1.00pm - 1.45pm
Group Cycle 4.00pm - 4.45pm	Les Mills CEREMONY 4.00pm - 4.50pm	Les Mills BODYATTACK 12.15pm - 12.45pm	Les Mills CORE 7.15pm - 8.00pm	Les Mills SPRINT 1.00pm - 1.30pm	Les Mills CORE 1.00pm - 1.45pm	Les Mills BODYBUMP 2.00pm - 2.45pm
Les Mills RPM 7.00pm - 7.50pm	Les Mills RPM 5.15pm - 6.05pm	Group Cycle 12.15pm - 12.45pm	Les Mills BODYBALANCE 8.00pm - 8.30pm	Les Mills CEREMONY 2.00pm - 2.50pm	Group Cycle 1.00pm - 1.45pm	Les Mills BODYCOMBAT 4.00pm - 4.45pm
	Les Mills SPRINT 6.15pm - 6.45pm	Les Mills RPM 1.30pm - 2.20pm		Hydrohex Move 2.45pm - 3.30pm	Les Mills DANCE 2.00pm - 2.45pm	Les Mills SPRINT 4.00pm - 4.30pm
	Les Mills CORE 8.00pm - 8.30pm	Les Mills ON DEMAND 2.00pm - 2.45pm		Good Boost Aqua 2.45pm - 3.30pm	Ladies Only Les Mills BODYPUMP 3.30pm - 4.15pm	
	Hydrohex Move 8.00pm - 8.45pm	Les Mills DANCE 4.00pm - 4.45pm		Les Mills RPM 6.15pm - 6.45pm		
	Good Boost Aqua 8.00pm - 8.45pm	Les Mills THE TRIP 5.15pm - 6.00pm		Les Mills SPRINT 7.00pm - 7.30pm		
		Good Boost Aqua 7.00pm - 7.50pm		Hydrohex Beat 7.00pm - 7.50pm		
		Hydrohex Beat 7.00pm - 7.50pm		Good Boost Aqua 7.00pm - 7.50pm		
		Hydrohex Power 8.00pm - 8.45pm		Les Mills DANCE 8.00pm - 8.30pm		
		Good Boost Aqua 8.00pm - 8.45pm				
		Les Mills BODYATTACK 8.15pm - 8.45pm				

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.

Spin Studio

Studio 1

Pool classes