

Fitness Timetable



Hartlepool
Borough Council



Brierton Sports Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Circuit Training 7.30am - 8.15am	Spinning 7.30am - 8.00am	Yoga 9.00am - 9.45am	Legs, Bums & Tums 7.30am - 8.00am	Walking Netball 9.30am - 10.30am	Football Coaching (3-5 years) 9.00am - 10.00am
Step and Tone 9am - 9.45am	Spinning 6.00pm - 6.45pm	Low Level Circuit 10.00am - 10.45am	Pay & Play Tennis 9.00am - 11.00am	Pilates 11.00am - 11.45am	Football Coaching (6-10 years) 10.00am - 11.00am
Pilates 10am - 10.45am		Silent Dance Aerobics 11.00am - 11.45am		Chair Pilates 12.15pm - 1.00pm	
Walking Football 2pm - 3pm		Bootcamp 5.15pm - 6.00pm		Social Dance 1.00pm - 3.00pm	
Legs, Bums and Tums 5.15pm - 6pm		Spinning 6.00pm - 6.45pm		Spinning 5.00pm - 5.45pm	
Spinning 6.00pm - 6.45pm					

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

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.

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

