

Fitness Timetable



Hartlepool
Borough Council



Brierton Sports Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga 7.15am - 7.45am	Spinning 7.30am - 8.00am	Group Cycle Connect 7.15am - 7.45am	Legs, Bums & Tums 7.30am - 8.00am	Energise Yoga 7.15am - 7.45am	Football Coaching (3-5 years) 9.00am - 10.00am
Circuit Training 8.00am - 8.45am	Group Cycle Connect 8.15am - 8.45am	Yoga 9.00am - 9.45am	Five Tibetans Yoga 9.00am - 9.45am	Walking Netball 9.30am - 10.30am	Football Coaching (6-10 years) 10.00am - 11.00am
Step and Tone 9.00am - 9.45am	Low Level Circuit 10.00am - 10.45am	Functional Training 12.15am - 12.45pm	Pay & Play Tennis 9.00am - 11.00am	Pilates 11.00am - 11.45am	Metacon 8.15am - 9.00am
Pilates 10.00am - 10.45am	Silent Dance Aerobics 11.00am - 11.45am	Bootcamp 5.15pm - 6.00pm	Step 10.00am - 10.45am	Chair Pilates 12.15pm - 1.00pm	Pilates 9.15am - 9.45am
Walking Football 2.00pm - 3.00pm	Pilates 5.15pm - 5.45pm	Group Cycle Connect 5.15pm - 5.45pm	Body Bar 11.00am - 11.45am	Social Dance 1.00pm - 3.00pm	Meditation 9.45am - 10.00am
Legs, Bums and Tums 5.15pm - 6.00pm	Spinning 6.00pm - 6.45pm	Spinning 6.00pm - 6.45pm	Abs Blast 12.15pm - 12.45pm	Spinning 5.00pm - 5.45pm	Maternity Movement 10.15am - 10.45am
Spinning 6.00pm - 6.45pm	Group Cycle Connect 7.00pm - 7.45pm		Group Cycle Connect 5.15pm - 6.00pm	Group Cycle Connect 6.00pm - 6.45pm	



Virtual Classes



Instructor Led Classes

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.



Active
Hartlepool