

Fitness Timetable

Virtual Classes



Hartlepool
Borough Council



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Les Mills BODYBALANCE 6.45am - 7.15am	Group Cycle 6.45am - 7.15am	Les Mills BODYATTACK 6.45am - 7.15am	Les Mills BODYBALANCE 6.45am - 7.15am	Les Mills GRIT STRENGTH 6.45am - 7.15am	Group Cycle 8.15am - 8.45am	Good Boost Aqua 8.10am - 8.50am
Hydrohex Power 7.00am - 7.45am	Group Cycle 7.30am - 8.00am	Hydrohex Cardio 6.45am - 7.30am	Group Cycle 7.30am - 8.00am	Les Mills SPRINT 6.45am - 7.15am	Group Cycle 9.00am - 9.45am	Les Mills SPRINT 8.15am - 8.45am
Good Boost Aqua 7.00am - 7.45am	Les Mills CORE 7.30am - 8.15am	Good Boost Aqua 6.45am - 7.30am	Group Cycle 8.15am - 9.00am	Hydrohex HIIT 7.00am - 7.45am	Group Cycle 10.00am - 10.45am	Les Mills RPM 9.00am - 9.50am
Les Mills SPRINT 7.30am - 8.35am	Good Boost Aqua 8.15am - 9.00am	Les Mills RPM 6.45am - 7.15am	Good Boost Aqua 8.15am - 9.00am	Good Boost Aqua 7.00am - 7.45am	Group Cycle 11.00am - 11.45am	Les Mills SPRINT 10.00am - 10.30am
Les Mills RPM 8.15am - 9.05am	Ladies Only Group Cycle 9.15pm - 10.00am	Les Mills SPRINT 7.30am - 8.00am	Group Cycle 9.15am - 10.00am	Les Mills BODYCOMBAT 7.30am - 8.15am	Les Mills BODYPUMP (Ladies only) 11.30am - 12.15pm	Les Mills GRIT STRENGTH 10.30am - 11.00am
Les Mills THE TRIP 9.15am - 10.00am	Group Cycle 10.15am - 11.00am	Les Mills THE TRIP 8.15am - 9.00am	Beginner Group Cycle 10.15pm - 11.00pm	Les Mills THE TRIP 8.15am - 9.00am	Group Cycle 12.00pm - 12.30pm	Les Mills THE TRIP 11.00am - 11.45pm
Les Mills SPRINT 1.15pm - 12.45pm	Hydrohex Move 12.10pm - 12.55pm	Les Mills RPM 9.15am - 10.05am	Group Cycle 11.15am - 11.45am	Les Mills BODYBALANCE 8.30am - 9.15am	Les Mills BODYATTACK 12.30pm - 1.15pm	Les Mills CORE 11.15pm - 12.00pm
Les Mills THE TRIP 7.15pm - 8.00pm	Good Boost Aqua 12.10pm - 12.55pm	Les Mills THE TRIP Beginner 11.00am - 11.20am	Group Cycle 12.15pm - 12.45pm	Les Mills RPM 9.15am - 10.05am	Group Cycle 1.00pm - 1.45pm	Les Mills GRIT CARDIO 12.15pm - 12.45pm
Hydrohex HIIT 8.00pm - 8.45pm	Group Cycle 12.15pm - 12.45pm	Les Mills SPRINT Beginner 11.30pm - 11.50pm	Group Cycle 1.00pm - 1.45pm	Les Mills RPM 12.15pm - 12.45pm	Les Mills CORE 3.00pm - 3.45pm	Les Mills RPM 12.15pm - 12.45pm
Good Boost Aqua 8.00pm - 8.45pm	Beginner Group Cycle 1.00pm - 1.45pm	Les Mills RPM 12.15pm - 12.45pm	Group Cycle 7.00pm - 7.45pm	Les Mills SPRINT 1.00pm - 1.30pm	Les Mills BODYCOMBAT 4.00pm - 4.45pm	Les Mills BODYBALANCE 1.00pm - 1.45pm
Les Mills GRIT STRENGTH 8.15pm - 8.45pm	Les Mills GRIT CARDIO 4.15pm - 4.45pm	Les Mills THE TRIP 1.00pm - 1.45pm	Good Boost 7.15pm - 8.00pm	Good Boost Aqua 2.00pm - 2.45pm	Les Mills BODYBALANCE 5.00pm - 5.45pm	Les Mills THE TRIP 1.00pm - 1.45pm
	Group Cycle 5.15pm - 6.00pm	Les Mills SPRINT 6.15pm - 6.45pm	Les Mills BODYBALANCE 8.15pm - 9.00pm	Hydrohex Move 3.00pm - 3.45pm		Les Mills BODYPUMP 2.00pm - 2.45pm
	Hydrohex Cardio 8.00pm - 8.45pm	Les Mills GRIT STRENGTH 7.30pm - 8.00pm	Hydrohex HIIT 8.15pm - 9.00pm	Les Mills THE TRIP 5.15pm - 6.00pm		Les Mills BODYCOMBAT 3.00pm - 3.45pm
	Good Boost Aqua 8.00pm - 8.45pm	Les Mills CORE 8.15pm - 8.45pm	Good Boost Aqua 8.15pm - 9.00pm	Les Mills RPM 6.15pm - 6.45pm		
		Hydrohex Move 7.00pm - 7.45pm		Les Mills SPRINT 7.00pm - 7.30pm		
		Good Boost Aqua 7.00pm - 7.45pm		Hydrohex Cardio 7.00pm - 7.45pm		
		Hydrohex Power 8.00pm - 8.45pm		Good Boost Aqua 7.00pm - 7.45pm		
		Good Boost Aqua 8.00pm - 8.45pm		Les Mills GRIT ATHLETIC 8.00pm - 8.30pm		

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.

Rowntree
Spinning Studio

Tennant
Studio

Pool classes