

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	Aquarobics 8.15am - 9.00am	Les Mills Born to Move (3-5yrs) 8.15am - 9.00am
Gym Group Circuit 6.45am - 7.15am	Aqua Spinning 8.15am - 9.00am	Ladies Only Lift 8.00am - 8.45am	Bootcamp Circuits 7.30am - 8.15am	Les Mills BODYPUMP 9.30am - 10.15am	Step & Tone 8.15am - 9.00am	Aqua Spinning 8.10am - 8.50am
Masters Swimming 7.00am - 8.00am	Broadway Boogie 9.30am - 10.15am	Clubbercise Combat & Tone 9.00am - 9.45am	Aqua Cycle 8.15am - 9.00am	Decades Group Cycle 10.30am - 11.15am	Gym Group Circuit 9.00am - 9.45am	Les Mills STRENGTH DEVELOPMENT 9.15am - 10.15am
Les Mills STRENGTH DEVELOPMENT 7.30am - 8.30am	Joint Friendly Circuit 10.30am - 11.30am	Step & Tone 10.00am - 10.45am	Les Mills BODYPUMP 8.30am - 9.00am	Chairobics 11.00am - 11.50pm	Active Wellbeing 9.15am - 10.00am	Broadway Boogie Kids 10.30am - 11.00am
Gym Group Circuit 9.00am - 9.45am	Les Mills STRENGTH DEVELOPMENT 11.30am - 12.30pm	Gym Group Circuit 10.00am - 10.45am	Les Mills SHAPES 9.15am - 10.15am	Low Intensity Clubbercise 12.15pm - 1.00pm	Pilates 10.15am - 11.15am	Junior Gym 10.30am - 11.30am
Ladies Only Lifting & Cafe 9.30am - 11.00am	Mobility Flow 12.30pm - 1.15pm	Multi-Level Interval Training 11.00am - 12.00pm	Les Mills BODYBALANCE 10.15am - 11.15am	Water Mobility 12.00pm - 1.00pm	Junior Gym 12.00pm - 1.00pm	Family Clubbercise 11.00am - 11.30am
Gym Start Strong 10.00am - 10.45am	Active Wellbeing 1.30pm - 2.30pm	Aquarobics 12.00pm - 1.00pm	Post Natal Pilates 11.15am - 12.00pm	Good Boost Land 1.00pm - 1.45pm	Family Silent Dance Aerobics 1.30pm - 2.30pm	Hatha Yoga 4.45pm - 5.45pm
Group Cycle Connect 11.00am - 11.45am	Junior Gym 4.00pm - 5.00pm	Dance Fit 12.15pm - 1.00pm	Step & Tone 12.15pm - 1.00pm	Step HIIT & Tone 1.15pm - 2.00pm		
Clubbercise 11.00am - 11.45am	Les Mills BODYBALANCE 5.15pm - 6.00pm	Active Ignite 1.00pm - 1.45pm	Water Mobility 12.15pm - 1.00pm	Chair Pilates 2.15pm - 3.00pm		
Aquarobics 12.00pm - 1.00pm	Clubbercise 6.00pm - 6.45pm	Chair Pilates 1.15pm - 2.00pm	Low Level Rehab 1.30pm - 2.30pm	Active Wellbeing 3.15pm - 4.00pm		
Les Mills BODYPUMP 12.15pm - 12.45pm	Gym Start Strong 6.00pm - 7.00pm	Memory Matters Swim 2.00pm - 2.45pm	Active Wellbeing Gym 1.15pm - 2.15pm	Pilates 4.00pm - 5.00pm		
Social Dance 1.00pm - 3.00pm	Pilates 6.15pm - 7.00pm	Pilates 4.00pm - 4.45pm	Good Boost Land 2.15pm - 3.00pm	Ladies Only Lift 5.15pm - 6.00pm		
Beginners Spin 1.00pm - 1.45pm	Yoga 7.15pm - 8.00pm	Junior Gym 4.00pm - 5.00pm	Junior Gym 5.00pm - 6.00pm	Ashtanga Yoga 6.15pm - 7.45pm		
Aqua Cycle 2.15pm - 3.00pm	Group Cycle Connect 7.00pm - 7.45pm	Gym Group Circuit 5.15pm - 5.45pm	Family Silent Dance Aerobics 4.00pm - 4.45pm			
Aqua Spinning 3.00pm - 3.45pm	Aquarobics 7.15pm - 8.00pm	Les Mills SHAPES 5.15pm - 6.00pm	Family Clubbercise 5.15pm - 6.00pm			
Junior Gym 4.00pm - 5.00pm		Les Mills BORN TO MOVE (8-12yrs) 5.15pm - 6.00pm	Spinning 5.15pm - 6.00pm			
Easy Flow Yoga 4.00pm - 5.00pm		Les Mills RPM 5.15pm - 6.00pm	Les Mills RPM 6.15pm - 7.00pm			
Les Mills SHAPES 5.15pm - 6.00pm		Les Mills BODYPUMP 6.15pm - 7.00pm	Ladies Only Lift 6.15pm - 7.00pm			
Spinning 5.15pm - 6.00pm		Les Mills BODYCOMBAT 6.15pm - 7.00pm	Clubbercise Combat & Tone 6.15pm - 7.00pm			
Group Cycle Connect 6.10pm - 6.55pm		Intermediate Yoga 7.00pm - 8.00pm	Aqua Spinning 7.15pm - 8.00pm			
Les Mills BODYCOMBAT 6.15pm - 7.00pm		Group Cycle Connect 7.15pm - 8.00pm	Les Mills BODYPUMP 7.15pm - 8.00pm			
Gym Start Strong 6.00pm - 7.00pm			Silent Dance Aerobics 7.15pm - 8.00pm			
Dance Fit 7.00pm - 7.45pm						
Aquarobics 7.15pm - 8.00pm						
Mobility Flow 7.15pm - 8.00pm						



Rowntree
Spinning Studio



The Henry
Smith Gym



Tennant
Studio



Furness
Studio



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.