

# Get Hartlepool Active Fitness Timetable

## Monday

HIIT BSC  
7.30am – 8.15am

Body Conditioning BSC  
8.30am – 9.15am

Tone Zone BSC  
10.00am – 10.45am

Low Level Circuit BSC  
11.00am – 11.45am

Aquarobics MHLC  
11.30am – 12.15pm

Metafit BSC  
5.15pm – 5.45pm

Dancercise HSC  
5.00pm – 5.45pm

Spinning BSC  
6.00pm – 6.45pm

Step Fit HSC  
6.00pm – 6.45pm

## Tuesday

Spinning BSC  
7.00am – 8.00am

Low Level Circuit MHLC  
10.45am – 11.30am

Spinning HSC  
5.00pm – 5.45pm

Spinning MHLC  
5.00pm – 5.45pm

Pound HSC  
6.00pm – 6.45pm

Yoga MHLC  
7.15pm – 8.00pm

Aquarobics MHLC  
8.00pm – 8.45pm

## Wednesday

Yoga BSC  
9.00am – 9.45am

Low Level Circuit BSC  
10.00am – 10.45am

Chairobics HSC  
11.00am – 11.45am

Aquarobics MHLC  
11.30am – 12.15pm

Pound BSC  
5.00pm – 5.45pm

Body Conditioning HSC  
5.00pm – 5.45pm

Box HIIT BSC  
6.00pm – 6.45pm

Spinning HSC  
6.00pm – 6.45pm

## Thursday

Spinning HSC  
7.00am – 7.45am

Pay & Play Badminton BSC  
10.00am – 12.00pm

Low Level Circuits LIVE  
12.00pm – 1.00pm

Spinning MHLC  
12.15pm – 1.00pm

Spin & Tone BSC  
5.00pm – 5.45pm

Strong Nation HSC  
5.00pm – 5.45pm

Intense Abs BSC  
6.00pm – 6.30pm

Step Fit HSC  
6.00pm – 6.45pm

Yoga HSC  
7.00pm – 7.45pm

Aquarobics MHLC  
8.00pm – 8.45pm

## Friday

Low Level Circuit MHLC  
10.15am – 11.00am

Pilates BSC  
11.15am – 12.00pm

Water Mobility MHLC  
12.45pm – 1.30pm

Chairobics MHLC  
1.30pm – 2.30pm

Bootcamp BSC  
5.00pm – 5.45pm

## Saturday

## Sunday

Ab Blast BSC  
10.00am – 10.30am

### Prices

Casual £5.00 | Member £4.00 |  
Concession £3.00

Free to all memberships inclusive of fitness classes.

Membership available on a monthly basis, please  
ask reception.

Fitness sessions can be booked by contacting us on  
01429 523338 or you can do this by signing up to our  
online booking system

<https://leisure.hartlepool.gov.uk/bookings>

For access to our LIVE Zoom sessions,  
please send us an email:

[leisure.recreation@hartlepool.gov.uk](mailto:leisure.recreation@hartlepool.gov.uk)

to get the login information.

### 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.

Mill House Leisure Centre, Raby Road, Hartlepool, TS24 8AR

Brierton Sports Centre, Brierton Lane, Hartlepool, TS25 4AF

Headland Sports Centre, Union Street, Hartlepool, TS24 0NZ