

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
11.15am – 12.00pm

Circuit Training BSC
5.00pm – 5.45pm

Spinning MHLC
5.00pm – 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

Pound HSC
6.00pm – 6.45pm

Yoga MHLC
7.15pm – 8.00pm

Wednesday

Yoga BSC
9.00am – 9.45am

Low Level Circuit BSC
10.00am – 10.45am

Chairobics HSC
11.00am – 11.45am

Aquarobics MHLC
11.15am – 12.00pm

Pound BSC
5.00pm – 5.45pm

Low Level Circuit HSC
5.00pm – 5.45pm

Box HIIT BSC
6.00pm – 6.45pm

Strong Nation HSC
6.00pm – 6.45pm

Circuit Training MHLC
6.15pm – 7.00pm

Step Fit HSC
7.00pm – 7.45pm

Thursday

HIIT BSC
7.00am – 7.45am

HIIT BSC
8.00am – 8.45am

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

Body Conditioning HSC
5.00pm – 5.45pm

Body Conditioning BSC
6.00pm – 6.45pm

Spinning HSC
6.00pm – 6.45pm

Yoga HSC
7.00pm – 7.45pm

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

Spinning MHLC
10.15am – 11.15am

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

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