

HAZEL GROVE SPORTS CENTRE FITNESS CLASS TIMETABLE



Pay as you go
or membership
£24.99 per month

DAY	CLASS	CLASS TIME
MONDAY	KETTLEBELL TONE	6.30PM - 7.10PM
	PILATES	7.15PM - 8.00PM
TUESDAY	DANCE FIT	6.30PM - 7.10PM
	YOGA RECHARGE	7.15PM - 8.15PM
WEDNESDAY	DANCE CARDIO	6.30PM - 7.15PM
	HATHA YOGA	7.20PM - 8.05PM
	CYCLE 30	8.15PM - 8.45PM
THURSDAY	HIIT	6.10PM - 6.50PM
	YOGA FLOW	7.00PM - 8.00PM
FRIDAY	CIRCUIT AND ABS	6.30PM - 7.30PM
SUNDAY	DYNAMIC YOGA	9.45AM - 11.00AM

 HAZEL GROVE HIGH SCHOOL, SK7 5JX

 0161 549 7708

WWW.HAZELGROVESPORTSCENTRE.CO.UK

 Hazel Grove Sports Centre

 hgsportscentre