



GET FIT FOR FREE

Free Swimming

Monday 2.45pm – 3.45pm

Badminton/Short Tennis (Booking Essential)

Friday, 2.00pm – 4.00pm

Mill House Leisure Centre

FREE CLASSES

	MILL HOUSE LEISURE CENTRE	BRIERTON SPORTS CENTRE	HEADLAND SPORTS CENTRE
FITNESS CLASSES	<p>Good Boost Land Monday 6.00pm – 6.45pm</p> <p>Spinning Wednesday 6.00pm – 6.45pm</p>	<p>Body Conditioning Monday 8.30am – 9.15am</p> <p>Boot Camp Wednesday 5.15pm – 6.00pm</p>	<p>Pay & Play Badminton Monday 2.00pm – 3.00pm</p> <p>Pay & Play Short Tennis Thursday 2.00pm – 3.00pm</p>
GYM SESSIONS	Tuesday & Thursday 2 - 3pm	Saturday 11am - 1pm	Monday, Wednesday and Friday 1pm - 2pm

Gym inductions, Headland Sports Centre, Monday & Wednesday, 12pm
Programme to run from 13th April 2024 – 30th June 2024

CONTACT

Mill House Leisure Centre Tel:
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 Hartlepool, TS24 8AR

Brierton Sports Centre Tel:
01429 523338 Brierton Lane,
 Hartlepool, TS25 4AF

Headland Sports Centre Tel:
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