



GET FIT FOR FREE

Free Adult Swimming:
Thursday 6.30am – 7.30am

**Free Squash/Racquetball
(Booking Essential):** Monday & Friday 12.20pm – 1.40pm

FREE CLASSES

	MILL HOUSE LEISURE CENTRE	BRIERTON SPORTS CENTRE	HEADLAND SPORTS CENTRE
FITNESS CLASSES	Good Boost Land Monday 6.00pm – 7.00pm	Spinning Friday 5.00pm – 5.45pm	Pay & Play Badminton Monday 2.00pm – 3.00pm
	Pay & Play Badminton Wednesday 10.00am – 12.00pm	Ab Blast Sunday 10.00am – 10.30am	Pay & Play Short Tennis Thursday 2.00pm – 3.00pm
GYM SESSIONS	Monday & Friday 2 – 3pm	Saturday 11am – 1pm	Tuesday & Thursday 1.00pm – 2.00pm

Gym Inductions (Booking Essential):
Headland Sports Centre, Monday & Wednesday, 12pm | Mill House Leisure Centre, Monday, 7.15pm

Programme to run from 2nd January 2025 – 31st March 2025

CONTACT

Mill House Leisure Centre Tel:
01429 523338 Raby Road,
Hartlepool, TS24 8AR

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

Headland Sports Centre Tel:
01429 523338 Union Street,
Headland, Hartlepool, TS24 ONZ

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