

Spring 2020

Timetable

			Member	Non Member	Student Member
Mon	12pm - 1pm	Yoga (ROCHDALE CAMPUS)	FREE	£4.00	FREE
	5.15pm - 5.45pm	Metafit	FREE	£4.00	FREE
	7.15pm - 7.45pm	Circuit	FREE	£4.00	FREE
Tues	4:30pm - 5:15pm	Yoga	FREE	£4.00	FREE
	5:15pm - 6pm	Power Pump	FREE	£4.00	FREE
	6pm - 6:45pm	Spin	FREE	£4.00	FREE
Wed	6:45pm - 8:15pm	Yoga	FREE	£4.00	FREE
	5:15pm - 5:45pm	MetaPWR	FREE	£4.00	FREE
	6pm - 6:45pm	Boxfit	FREE	£4.00	FREE
Thurs	7pm - 7:30	Metafit	FREE	£4.00	FREE
	5:15pm - 5:45pm	Full Body Conditioning	FREE	£4.00	FREE
	6pm - 6.45pm	Spin	FREE	£4.00	FREE
Fri	7.15pm - 8.15pm	Circuit Training	FREE	£4.00	FREE
	4pm - 5pm	Members 5-a-side	FREE	£4.00	FREE
	4.30pm - 5pm	Metafit/MetaPWR	FREE	£4.00	FREE
Sat	9:45am - 10:15am	HIIT Training	FREE	£4.00	FREE
Sun	9am - 10am	Bootcamp	FREE	£4.00	FREE
	10:15am - 10:45am	Metafit	FREE	£4.00	FREE

Opening Times:

Monday-Friday: 7:15am - 9pm & Saturday-Sunday: 9am - 4pm

Hopwood Gym

- Only £18.50 per month
- No Joining Fee
- No Contract
- Free fitness consultation upon joining

Please ask at reception regarding our weekly Member's Football and Netball sessions as well as our Children's Saturday Soccer in the sports halls.

t. 0161 653 2070

e. sportsarena@hopwood.ac.uk

www.hopwood.ac.uk

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Hopwood Hall Arena & Park

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