

2022

Timetable

			Member	Non Member	Student Member
MON:	5:15-5:45pm	Metafit	FREE	£4.00	FREE
	6:00-6:30pm	Studio Resistance	FREE	£4.00	FREE
TUES:	4:30pm-5:15pm	Yoga	FREE	£4.00	FREE
	5:30-6:00pm	Bootcamp	FREE	£4.00	FREE
	6:15-6:45pm	Spin	FREE	£4.00	FREE
	6:45-7:45pm	Yoga	FREE	£4.00	FREE
WED:	12:15-12:45pm	Bootcamp	FREE	£4.00	FREE
	5:15-5:45pm	Metafit	FREE	£4.00	FREE
	6:00-6:45pm	Legs, Bums and Tums	FREE	£4.00	FREE
THURS:	5:15pm-5:45pm	Bootcamp	FREE	£4.00	FREE
	6:00-6:45pm	Circuit Training	FREE	£4.00	FREE
FRI:	4:30pm-5pm	Metafit	FREE	£4.00	FREE
SAT:	9:45am-10:15am*	Hiit Training	FREE	£4.00	FREE
	10:45am-11:15am*	Hiit Training	FREE	£4.00	FREE
SUN:	10am-10:30am	Metafit	FREE	£4.00	FREE

***Only £2 if you have a child attending the Saturday Morning Football session!**

**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

 @HopwoodHallSportsArena

 @HopwoodArena  /HopwoodHallSportsArena

Hopwood Hall Arena & Park

Hopwood Hall College | Rochdale Road | Middleton | M24 6XH

