

Updated September 2018

# Timetable

			Member	Non Member	Student Member
<b>Mon</b>	5.15pm - 5.45pm	Metafit	FREE	£3.00	FREE
	<b>NEW</b> 6.15pm - 7pm	Legs, Bums and Tums	FREE	£4.00	FREE
	7.15pm - 7.45pm	Circuit	FREE	£4.00	FREE
<b>Tues</b>	<b>NEW</b> 4.30pm - 5.15pm	Yoga	FREE	£3.00	FREE
	5.15pm - 5.45pm	Studio Resistance	FREE	£4.00	FREE
	6pm - 6.45pm	Spin	FREE	£4.00	FREE
	<b>NEW</b> 7pm - 7.45pm	Circuit	FREE	£4.00	FREE
	6.45pm - 8pm	Yoga	FREE	£3.00	FREE
	<b>Wed</b>	5.15pm - 5.45pm	Metafit	FREE	£3.00
	<b>NEW</b> 6pm - 6.45pm	Bootcamp	FREE	£4.00	FREE
	<b>NEW</b> 7pm - 7.45pm	MetaPWR	FREE	£4.00	FREE
<b>Thurs</b>	5.15pm - 5.45pm	Studio Resistance	FREE	£4.00	FREE
	6pm - 6.45pm	Spin	FREE	£4.00	FREE
	7.15pm - 8.15pm	Circuit Training	FREE	£4.00	FREE
<b>Sat</b>	10.45am - 11.45am	Metabolic Accelerator	FREE	£4.00	FREE
<b>Sun</b>	10.15am - 10.45am	Metafit	FREE	£3.00	£1.50

## 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](mailto:sportsarena@hopwood.ac.uk)**

**[www.hopwood.ac.uk](http://www.hopwood.ac.uk)**



@HopwoodHallSportsArena



@HopwoodArena



/HopwoodHallSportsArena

# Hopwood Hall Arena & Park

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

