

Updated June 2019

Timetable

			Member	Non Member	Student Member
Mon	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 - 5.45pm	Studio Resistance	FREE	£4.00	FREE
	6pm - 6.45pm	Spin	FREE	£4.00	FREE
Wed	6.45pm - 8pm	Yoga	FREE	£4.00	FREE
	5.15pm - 5.45pm	Metafit	FREE	£4.00	FREE
	6pm - 6:30pm	Boxfit	FREE	£4.00	FREE
Thurs	7pm - 7:45pm	MetaPWR	FREE	£4.00	FREE
	5.15pm - 5:45pm	Legs Bums and Tums Circuit	FREE	£4.00	FREE
	6pm - 6.45pm	Spin	FREE	£4.00	FREE
Fri	7.15pm - 8.15pm	Circuit Training	FREE	£4.00	FREE
	4pm - 6pm	Members 5-a-side	FREE	£4.00	FREE
	4.30pm - 5pm	Metafit/MetaPWR			
Sat	9.30am - 10.30am	Metabolic Accelerator	FREE	£4.00	FREE
Sun	10.15am - 10.45am	Metafit	FREE	£4.00	£1.50

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



@HopwoodHallSportsArena



@HopwoodArena



/HopwoodHallSportsArena

Hopwood Hall Arena & Park

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

