

Updated November 2019

# Timetable

			Member	Non Member	Student Member
<b>Mon</b>	5:15pm - 5:45pm	Metafit	FREE	£4.00	FREE
	7:15pm - 7:45pm	Circuit	FREE	£4.00	FREE
<b>Tues</b>	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
<b>Wed</b>	6:45pm - 8:15pm	Yoga	FREE	£4.00	FREE
	5:15pm - 6pm	MetaPWR	FREE	£4.00	FREE
	6:15pm - 7pm	Boxfit	FREE	£4.00	FREE
<b>Thurs</b>	7:15pm - 7:45pm	Metafit	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
<b>Fri</b>	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	FREE	£4.00	FREE
<b>Sat</b>	9:45am - 10:15am	HIIT Training	FREE	£4.00	FREE
<b>Sun</b>	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](mailto:sportsarena@hopwood.ac.uk)**

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

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# Hopwood Hall Arena & Park

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

