

Summer 2020

# Timetable

			Member	Non Member	Student Member
<b>Mon</b>	5:15pm - 5:45pm	Metafit	FREE	£4.00	FREE
	6:15pm - 6:45pm	Studio Resistance	FREE	£4.00	FREE
<b>Tues</b>	4:30pm - 5:15pm	Yoga	FREE	£4.00	FREE
	5:15pm - 5:45pm	Metafit	FREE	£4.00	FREE
	6pm - 6:45pm	Spin	FREE	£4.00	FREE
<b>Wed</b>	5:15pm - 5:45pm	Metafit	FREE	£4.00	FREE
	6:30pm - 7pm	Studio Resistance	FREE	£4.00	FREE
<b>Thurs</b>	5:15pm - 5:45pm	Metafit	FREE	£4.00	FREE
	6pm - 6:45pm	Spin	FREE	£4.00	FREE
<b>Fri</b>	4:30pm - 5pm	Metafit	FREE	£4.00	FREE
<b>Sat</b>	9:45am - 10:15am	HIIT Training	FREE	£4.00	FREE
<b>Sun</b>	10:15am - 10:45am	Metafit	FREE	£4.00	FREE

## Temporary Opening Times:

**Monday - Friday: 8am - 7.30pm & Saturday - Sunday: 9am - 1pm**

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



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**Hopwood  
Gym**

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

# Hopwood Hall Arena & Park

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

