

HAZEL GROVE STUDIO TIME TABLE

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 6.15 - 6.45 Studio	Circuits 6.15 - 6.45 Studio	HIIT 6.15 - 6.45 Studio	Circuits 6.15 - 6.45 Studio	HIIT 6.15 - 6.45 Studio	Spin 8.15 - 9.00 Studio	Spin 8.15 - 9.00 Studio
Spin & abs 7.00 - 7.45 Studio	HIIT 7.00 - 7.45 Studio	Spin 7.00 - 7.45 Studio	Spin & abs 7.00 - 7.45 Studio	Spin 7.00 - 7.45 Studio	Clubbercise 9.15 - 10.00 Studio	BLT 9.15 - 10.00 Studio
Body pump 9.30 - 10.30 Studio	Spin 9.30 - 10.15 Studio	Aerotone 9.30 - 10.15 Studio	Yoga 9.00 - 10.00 Studio	Body pump 9.30 - 10.15 Studio	Coreball 10.15 - 11.00 Studio	Pilates 10.15 - 11.00 Studio
Spin 30 10.45 - 11.15 Studio	KETT Fusion 10.30 - 11.30 Studio	Spin 10.45 - 11.30 Studio	Zumba 10.30 - 11.15 Studio	Spin 30 10.30 - 11.00 Studio	Boxercise 11.15 - 12.00 Studio	Outdoor run club 10.30 - 11.30 Reception
Tai chi 11.30 - 12.30 Studio	Zumba 11.45 - 12.30 Studio	Dancefit 11.45 - 12.30 Studio	Body pump 11.45 - 12.45 Studio	Pilates 11.15 - 12.15 Studio		
Zumba 12.45 - 13.30 Studio	Pilates 13.55 - 14.40 Studio	Pilates 12.45 - 13.45 Studio	Body pump 17.30 - 18.15 Studio	Tai chi 12.30 - 14.00 Studio		
Pilates 13.45 - 14.45 Studio	HIIT 17.15 - 17.45 Studio	Tea dance 14.00 - 16.00 Studio	Clubbercise 18.30 - 19.15 Studio	Spin 17.30 - 18.15 Studio		
HIIT 17.45 - 18.15 Studio	Spin 18.00 - 18.45 Studio	BLT 18.00 - 18.45 Studio	Pilates 19.30 - 20.30 Studio	BLT 18.40 - 19.10 Studio		
Spin & strength 18.25 - 19.05 Studio	Body combat 19.00 - 19.45 Studio	Body pump 18.55 - 19.40 Studio		Circuits 19.20 - 20.05 Studio		
Body pump 19.15 - 20.00 Studio	Outdoor run club 19.30 - 20.30 Reception	Spin & strength 19.50 - 20.35 Studio				
Pure stretch 20.00 - 20.45 Studio	Zumba 20.00 - 20.45 Studio					

Gym refurbishment:

Life Leisure Hazel Grove is undergoing a remarkable gym refurbishment and plant room upgrade to enhance your experience with us!

Here's what you can look forward to with the upcoming refurbishment:

Interactive equipment

Dive into a world of possibilities with our new immersive cardio equipment with interactive workouts and personalised training programmes. Whether you're cycling on a virtual beach or conquering a challenging mountain trail, each workout will transport you into a realm of excitement!

Performance zone

We believe in inclusivity and have introduced a brand-new performance zone that caters to everyone. Equipped with easy-to-use strength training machines, this zone ensures that everyone, regardless of their fitness level, can unlock their potential.

R1G powered by HIVE

And that's not all—we have something special in store for our gym floor classes! Get ready for our R1G Powered by HIVE training area and four new exhilarating classes. Explore a vast range of equipment, including battle ropes, kettlebells, ski ergs, and more.

Plant room upgrade at Hazel Grove

In addition to the gym refurbishment, essential plant room maintenance works are required to ensure the long-term efficiency and reliability of the facility.

Temporary schedules:

The gym will be temporarily closed from Friday 28th July and will remain closed throughout the month of August.

Studio classes resumed as normal from Saturday 5th August with the addition of early morning classes.

The main pool, small pool and health suite will be temporarily closed from Monday 31st July with a plan to re-open in December.

**Opening
Times**

Monday - Friday: 6.00 - 21.00
Saturday: 8.00 - 13.00
Sunday: 8.00 - 13.00

All classes can be booked online or
via the Life Leisure App

