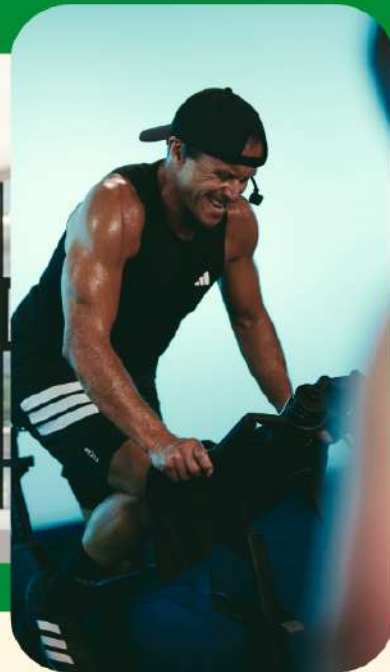


# Accrington Academy



## Monday

|       |          |         |
|-------|----------|---------|
| 18:00 | Spin     | 45 mins |
| 18:00 | Lift     | 45 mins |
| 18:15 | Pilates  | 60 mins |
| 19:00 | Bootcamp | 60 mins |

## Tuesday

|       |      |         |
|-------|------|---------|
| 18:00 | HIIT | 30 mins |
| 18:35 | Spin | 45 mins |

## Wednesday

|       |             |         |
|-------|-------------|---------|
| 18:00 | Spin        | 30 mins |
| 18:15 | Pilates     | 60 mins |
| 18:45 | Kettlercise | 60 mins |

## Thursday

|       |           |         |
|-------|-----------|---------|
| 18:00 | HIIT Step | 30 mins |
| 18:40 | Strength  | 30 mins |
| 19:00 | Aquacise  | 60 mins |

## Saturday

|       |      |         |
|-------|------|---------|
| 09:00 | Spin | 60 mins |
|-------|------|---------|



**Unlimited classes with Premier membership. Book your classes via our app, search Hyndburn Leisure in your App Store.**