

Hyndburn Leisure Centre has a range of gymnastics and trampoline sessions for beginners to experienced gymnasts, and from toddlers to teenagers.

PRACTICE HALL

Monday

11:30 - 12:25	Pre School (3+ years)
12:30 - 13:25	Pre School (3+ years)
15:55 - 16:50	Beginners (4-6 years)
16:55 - 17:50	Improvers (4-6 years)

Tuesday

12:30 - 13:25	Pre School (3+ years)
13:30 - 14:25	Pre School (3+ years)
15:55 - 16:50	Beginners (4-6 years)
16:55 - 17:50	Improvers (4-6 years)
18:00 - 18:55	Beginners (4-6 years)

Wednesday

11:00 - 11:55	Pre School (3+ years)
16:00 - 16:55	Pre School (3+ years)
17:15 - 18:10	Beginners (4-6 years)
18:15 - 19:10	Improvers (4-6 years)
19:15 - 20:10	Performance Class

Thursday

10:30 - 11:25	Parent & Child (2-4 years)
11:45 - 12:40	Pre School (3+ years)

Friday

10:45 - 11:40	Pre School (3+ years)
11:45 - 12:40	Pre School (3+ years)
17:00 - 17:55	Beginners (4-6 years)
18:00 - 18:55	Improvers (4-6 years)

Saturday

08:55 - 09:50	Beginners (4-6 years)
09:55 - 10:50	Improvers (4-6 years)
11:00 - 11:55	Advanced (4-6 years)
12:00 - 12:55	Advanced (4-6 years)

SPORTS HALL

Monday

16:15 - 17:10	Beginners (6+ years)
17:15 - 18:10	Improvers (6+ years)

Tuesday

16:00 - 16:55	Beginners (6+ years)
17:00 - 17:55	Improvers (6+ years)

Wednesday

16:15 - 17:10	Beginners (6+ years)
17:15 - 18:10	Advanced (6+ years)
18:15 - 19:10	Flexibility & Conditioning (6+ years)

Friday

18:00 - 18:55	Beginners (6+ years)
19:00 - 19:55	Improvers (6+ years)

Saturday

09:00 - 09:55	Beginners (6+ years)
09:00 - 09:55	Trampolining (5+ years)
10:00 - 10:55	Improvers (6+ years)
11:00 - 13:00	Advanced (6+ years)
11:00 - 13:30	Gym Club