

centre opening times

Active Ashton

Building

Monday – Friday: 6.30am – 10pm

Saturday: 7.45am – 4.30pm / **Sunday:** 8.15am – 5.30pm

Gym

Monday – Friday: first bookable session 6.30am; last bookable session 8.15pm

Saturday & Sunday: first bookable session 10.15am; last bookable session 2pm

Pool

Monday – Friday: first bookable session 6.35am; last bookable session 6.40pm

Saturday & Sunday: first bookable session 10am; last bookable session 2.30pm

Group Exercise

As per the timetable, which can be found on our app and website

Active Copley

Building

Monday – Friday: 6am – 10pm

Saturday – Sunday: 8.15am – 6pm

Gym

Monday – Friday: first bookable session 6.15am; last bookable session 8pm

Saturday & Sunday: first bookable session 10.15am; last bookable session 2pm

Pool

Monday – Friday: first bookable session 6.35am; last bookable session 6.35pm

Saturday & Sunday: first bookable session 10am; last bookable session 1pm

Group Exercise

As per the timetable, which can be found on our app and website

Active Hyde

Building

Monday – Friday: 6.30am – 10pm

Saturday – Sunday: 8.45am – 4.30pm

Gym

Monday – Friday: first bookable session 6.30am; last bookable session 8.15pm

Saturday & Sunday: first bookable session 10am; last bookable session 3pm

Pool

No pool activities available

Group Exercise

As per the timetable, which can be found on our app and website

Active Medlock

Building

Monday – Friday: 6.30am – 10pm

Saturday: 8.15am – 5pm / **Sunday:** 8.15am-5.30pm

Gym

Monday – Friday MORNING: one bookable session available 6.30am – 8am

Monday – Friday EVENING: first bookable session 5pm; last bookable session 8.45pm

Saturday: first bookable session 12.45pm; last bookable session 3.15pm

Sunday: first bookable session 10.15am; last bookable session 3.15pm

Pool

Monday – Friday MORNING: one bookable session available 6.45am – 7.45am

Monday – Friday EVENING: first bookable session 5.05pm; last bookable session 6.35pm

Saturday: first bookable session 1pm; last bookable session 2.30pm

Sunday: first bookable session 10am; last bookable session 2.30pm

Group Exercise

As per the timetable, which can be found on our app and website

Tameside Wellness Centre - Denton

Building

Monday – Friday (with staff): 6am – 10pm

Saturday – Sunday (with staff): 8.15am – 4pm

Gym

Monday – Friday: first bookable session 6.15am; last bookable session 8pm (24hr gym still available between 10pm-6am)

Saturday & Sunday: first bookable session 10.15am; last bookable session 2pm (24hr gym still available between 4pm-10am)

Pool

Monday – Friday: first bookable session 6.35am; last bookable session 8.05pm (times may vary - please check the online pool timetable)

Saturday & Sunday: first bookable session 10am; last bookable session 1pm (times may vary - please check the online pool timetable)

Group Exercise

As per timetable, which can be found on our app and website

Active Ken Ward

Building

Monday – Friday (for Live Active members only): 9am – 3pm

Monday – Friday (for fitness members & casual users): 4pm – 9pm

Saturday – Sunday: 10am – 4pm

Gym

Monday – Friday LIVE ACTIVE ONLY: first bookable session 9am; last bookable session 1.30pm

Monday – Friday (fitness members & casual users): first bookable session 4pm; last bookable session 7.45pm

Saturday & Sunday (fitness members & casual users): first bookable session 10.15am; last bookable session 3.15pm

Group Exercise as per the timetable, which can be found on our app and website

Active Oxford Park

Building

Monday – Friday: 9am – 3pm

Saturday – Sunday: closed

Gym

Monday – Friday LIVE ACTIVE ONLY: first bookable session 9.00am; last bookable session 1.30pm

Group Exercise

Live Active classes only, as per the timetable which can be found on our app and website

Active iTrain

Building

Monday – Friday (with staff): 6am – 10pm

Saturday & Sunday (with staff): 10am – 4pm

Gym

Gym open 24 hours with capacity **restricted to 68 people** at any given time

Group Exercise

As per the timetable, which can be found via our app and website