

# exercise class programme

## Helenswood Sports Centre

Accurate as of 23/04/2024

### Times for Tuesday 23 April



Time	Session	Facility	Instructor	Level
6:00 pm - 6:45 pm	Freedom Circuits	studio 1	Damo	beginner
6:50 pm - 7:35 pm	Spinning ®	studio 1	Louise	all levels
8:30 pm - 9:30 pm	Pole Fitness	studio 1		all levels