

# exercise class programme

## Helenswood Sports Centre

Accurate as of 19/04/2024

### Times for Thursday 25 April



Time	Session	Facility	Instructor	Level
6:00 pm - 6:45 pm	Freedom Circuits	studio 1	Damo	all levels
6:35 pm - 7:20 pm	Zumba	studio 2	Molly	all levels