

exercise class programme

Helenswood Sports Centre

Accurate as of 18/05/2024

Times for Tuesday 25 June



| 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 |