


exercise class programme

Helenswood Sports Centre

Accurate as of 19/05/2024

Times for Tuesday 30 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	
7:45 pm - 8:15 pm	Legs, Bums & Tums	studio 1	Louise	all levels	
8:30 pm - 9:30 pm	Pole Fitness	studio 1		all levels	