

exercise class programme

Helenswood Sports Centre

Accurate as of 19/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Instructor	Level
5:45 pm - 6:30 pm	Legs, Bums & Tums	studio 1	Ellie	all levels
6:35 pm - 7:20 pm	Clubbercise	studio 1	Ellie	all levels