


exercise class programme

Helenswood Sports Centre

Accurate as of 15/05/2024

Times for Monday 19 April					
Time	Session	Facility	Instructor	Level	
5:45 pm - 6:30 pm	Total Body Conditioning	studio 1	Molly	all levels	
5:45 pm - 6:30 pm	Freedom Circuits	studio 2	Brad	all levels	
6:35 pm - 7:20 pm	Fitness Pilates	studio 1	Molly	all levels	