

exercise class programme

Helenswood Sports Centre

Accurate as of 14/05/2024

Times for Tuesday 20 April				
Time	Session	Facility	Instructor	Level
6:00 pm - 6:45 pm	Freedom Circuits	studio 1	Damo	beginner
7:45 pm - 8:15 pm	Legs, Bums & Tums	studio 1	Louise	all levels