

# exercise class programme

## Helenswood Sports Centre

Accurate as of 30/04/2024

### 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