


exercise class programme

Helenswood Sports Centre

Accurate as of 11/05/2024

Times for Monday 6 December					
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	
7:25 pm - 8:10 pm	Zumba	studio 1	Molly	all levels	