

exercise class programme

Helenswood Sports Centre

Accurate as of 10/05/2024

Times for Tuesday 7 December



Time	Session	Facility	Instructor	Level
6:00 pm - 6:45 pm	Freedom Circuits	studio 1	Damo	beginner
6:50 pm - 7:35 pm	Spinning ®	studio 1	Louise	all levels
7:45 pm - 8:15 pm	Legs, Bums & Tums	studio 1	Louise	all levels
8:30 pm - 9:30 pm	Pole Fitness	studio 1		all levels