


# exercise class programme

## Helenswood Sports Centre

Accurate as of 29/04/2024

Times for Thursday 9 December					
Time	Session	Facility	Instructor	Level	
5:45 pm - 6:30 pm	Total Body Conditioning	studio 2	Molly	all levels	
6:00 pm - 6:45 pm	Freedom Circuits	studio 1	Damo	all levels	
6:35 pm - 7:20 pm	Zumba	studio 2	Molly	all levels	