

exercise class programme

Helenswood Sports Centre

Accurate as of 17/05/2024

Times for Thursday 18 April



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
7:00 pm - 8:00 pm	Yoga for Men	studio 2	Beth	all levels