

# exercise class programme

## Helenswood Sports Centre

Accurate as of 03/05/2024

### Times for Monday 22 April



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
8:30 pm - 9:30 pm	Pole Fitness	studio 1		all levels