## **exercise class programme Helenswood Sports Centre**

## Accurate as of 04/05/2024

Times for Saturday 27 April				•
Time	Session	Facility	Instructor	Level
8:15 am - 9:00 am	Spinning ®	studio 1	Louise	all levels
8:15 am - 9:00 am	Zumba	studio 2	Beth	