## **Mounts Baths Studio Programme**Mounts Baths Leisure Centre

Accurate as of 10/05/2024

| Times for Tuesday 19 September |             |              |            | • |
|--------------------------------|-------------|--------------|------------|---|
| Time                           | Session     | Facility     | Instructor |   |
| 09:45 - 11:00                  | Yoga 14+    | Dance Studio | Lynn       |   |
| 18:00 - 19:00                  | Pilates 14+ | Dance Studio | Wendy      |   |