Mounts Baths Studio ProgrammeMounts Baths Leisure Centre

Accurate as of 21/05/2024

Times for Thursday 22 March			•
Time	Session	Facility	Instructor
09:15 - 10:30	Yoga 14+	Dance Studio	Linda
19:30 - 20:15	Aqua Aerobics (Shallow) 14+	Main Pool 30m	Paula