

Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 26/04/2024

Times for Thursday 29 March



Time	Session	Facility	Instructor
09:15 - 10:30	Yoga 14+	Dance Studio	Linda
10:00 - 10:45	Aqua Aerobics (Shallow) 14+	Main Pool 30m	Zoe
19:30 - 20:15	Aqua Aerobics (Shallow) 14+	Main Pool 30m	Paula