

Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 05/05/2024

| 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 |