Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 30/04/2024

Times for Thursday 23 August

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