

# Mounts Baths Studio Programme

## Mounts Baths Leisure Centre

Accurate as of 05/05/2024

Times for Wednesday 24 October			
Time	Session	Facility	Instructor
10:00 - 11:15	Yoga 14+	Dance Studio	Lynn
17:45 - 18:45	Yoga 14+	Dance Studio	Helen
19:00 - 19:45	Indoor Cycle 14+	Dance Studio	Steve