

Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 07/05/2024

Times for Thursday 1 November



| 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 |