


Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 19/05/2024

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	