

# Mounts Baths Studio Programme

## Mounts Baths Leisure Centre

Accurate as of 19/04/2024

### Times for Thursday 18 April



Time	Session	Facility	Instructor
09:15 - 10:30	Yoga 14+	Dance Studio	Linda
18:00 - 18:45	Indoor Cycle 14+	Dance Studio	Chris
19:00 - 20:00	Yoga 14+	Dance Studio	Emily
19:15 - 20:00	Aqua Aerobics (Shallow) 14+	Main Pool 30m	Paula