

# Mounts Baths Studio Programme

## Mounts Baths Leisure Centre

Accurate as of 03/05/2024

### Times for Friday 19 April



Time	Session	Facility	Instructor
09:30 - 10:15	Aqua 14+	Main Pool 30m	Jo
09:30 - 10:45	Yoga	Dance Studio	Sue
12:00 - 12:30	Abs & Butts 14+	Dance Studio	Will
18:00 - 19:00	Dancefit 14+	Dance Studio	Wendy
19:15 - 20:15	Capolates 14+	Dance Studio	Wendy