

Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 02/05/2024

Times for Monday 22 April



Time	Session	Facility	Instructor
09:30 - 10:15	Yoga 14+	Dance Studio	Helen
17:30 - 18:00	Core Blast 14+	Dance Studio	Martin
19:00 - 19:45	Indoor Cycle 14+	Dance Studio	Steve