

Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Instructor
09:30 - 10:15	Aqua Aerobics 14+	Main Pool 30m	Ashli
09:45 - 11:00	Yoga 14+	Dance Studio	Lynn
18:00 - 19:00	Pilates 14+	Dance Studio	Wendy
19:00 - 20:00	TRX Super Circuits	Dance Studio	Chris
20:00 - 20:30	Ab Blaster. 14+	Dance Studio	Chris