

Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 08/05/2024

Times for Wednesday 19 July



| Time | Session | Facility | Instructor |
|---------------|------------------|--------------|------------|
| 10:00 - 11:15 | Yoga 14+ | Dance Studio | Lynn |
| 17:45 - 18:45 | Yoga 14+ | Dance Studio | Helen |
| 19:00 - 19:45 | Indoor Cycle 14+ | Dance Studio | Steve |