Mounts Baths Studio ProgrammeMounts Baths Leisure Centre

Accurate as of 17/05/2024

| Times for Thursday 30 November | | | • |
|--------------------------------|-----------------------------|---------------|------------|
| Time | Session | Facility | Instructor |
| 09:15 - 10:30 | Yoga 14+ | Dance Studio | Linda |
| 19:30 - 20:15 | Aqua Aerobics (Shallow) 14+ | Main Pool 30m | Paula |