

Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 02/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Instructor
09:30 - 10:15	Aqua Aerobics 14+	Main Pool 30m	Chris
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
20:00 - 20:30	Rep Your Strength	Dance Studio	Chris