

# Mounts Baths Studio Programme

## Mounts Baths Leisure Centre

Accurate as of 29/04/2024

### Times for Thursday 4 July



| 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      |