

Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 09/06/2026

Times for Tuesday 9 June



Time	Session	Facility	Instructor
09:30 - 10:15	Aqua Aerobics (Deep end) 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