

Mounts Baths Studio Programme

Mounts Baths Leisure Centre

Accurate as of 09/06/2026

Times for Monday 15 June



Time	Session	Facility	Instructor
09:30 - 10:30	Yoga 14+	Dance Studio	Sue
17:30 - 18:00	Core Blast 14+	Dance Studio	Fitness Instructor
18:00 - 18:45	TaeBo	Dance Studio	Martin
19:00 - 19:45	Indoor Cycle 14+	Dance Studio	Steve