

MAY

2026

SUN

MON

TUES

WED

THURS

FRI

SAT

31

1

2

3

12.15pm  
Circuits & Weights  
6pm Yin Yoga

4

9.15am  
Strength & Mobility Flow  
11am Fit2loveGolf

5

9.15am Yin Yoga

6

7

NO CLASS

8

9

10

NO CLASS

11

9.15am  
Strength & Mobility Flow  
11am Fit2loveGolf

12

9.15am Yin Yoga

13

14

9.15am  
Slow Flow & Stretch

15

16

17

12.15pm  
Circuits & Weights  
6pm Yin Yoga

18

9.15am  
Strength & Mobility Flow  
11am Fit2loveGolf

19

9.15am Yin Yoga

20

21

NO CLASS

22

23

24

12.15pm  
Circuits & Weights  
6pm Yin Yoga

25

9.15am  
Strength & Mobility Flow  
11am Fit2loveGolf

26

9.15am Yin Yoga

27

28

9.15am  
Slow Flow & Stretch

29

30