

MARCH

2026

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
	12.15pm Circuits & Weights 6pm Yin Yoga	9.15am Strength & Mobility Flow 11am Fit2loveGolf	9.15am Yin Yoga		9.15am Slow Flow & Stretch	
8	9	10	11	12	13	14
	12.15pm Circuits & Weights 6pm Yin Yoga	9.15am Strength & Mobility Flow 11am Fit2loveGolf	9.15am Yin Yoga		Possible NO CLASS 9.15am Slow Flow & Stretch	
15	16	17	18	19	20	21
	12.15pm Circuits & Weights 6pm Yin Yoga	9.15am Strength & Mobility Flow 11am Fit2loveGolf	9.15am Yin Yoga		9.15am Slow Flow & Stretch	
22	23	24	25	26	27	28
	NO CLASS	NO CLASS	9.15am Yin Yoga		9.15am Slow Flow & Stretch	
29	30	31				
	12.15pm Circuits & Weights 6pm Yin Yoga	9.15am Strength & Mobility Flow 11am Fit2loveGolf			Fri 3 rd April GOOD FRIDAY NO CLASS	