

# JUNE

2026

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 12.15pm Circuits & Weights 6pm Yin Yoga	2 9.15am Strength & Mobility Flow 11am Fit2loveGolf	3 9.15am Yin Yoga	4	5 9.15am Slow Flow & Stretch	6
7	8 12.15pm Circuits & Weights 6pm Yin Yoga	9 9.15am Strength & Mobility Flow 11am Fit2loveGolf	10 Poss No Class 9.15am Yin Yoga	11	12 9.15am Slow Flow & Stretch	13
14	15 12.15pm Circuits & Weights 6pm Yin Yoga	16 9.15am Strength & Mobility Flow 11am Fit2loveGolf	17 9.15am Yin Yoga	18	19 9.15am Slow Flow & Stretch	20
21	22	23 No Classes this week . In Sweden competing for Portugal !!	24	25	26	27
28	29 12.15pm Circuits & Weights 6pm Yin Yoga	30 9.15am Strength & Mobility Flow 11am Fit2loveGolf	9.15am Yin Yoga		9.15am Slow Flow & Stretch	