# NOVEMBER 2026

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|---|
| 1 | 2<br>12.15pm<br>Circuits & Weights<br>6pm Yin Yoga | 3<br>9.15am<br>Strength & Mobility Flow<br>11am Fit2loveGolf | 4<br>9.15am Yin Yoga | 5 | 6 | 7 |
| 8 | 9<br>12.15pm<br>Circuits & Weights<br>NO YIN YOGA | 10<br>NO CLASSES | 11<br>9.15am Yin Yoga | 12 | 13 | 14 |
| 15 | 16<br>12.15pm<br>Circuits & Weights<br>6pm Yin Yoga | 17<br>9.15am<br>Strength & Mobility Flow<br>11am Fit2loveGolf | 18<br>9.15am Yin Yoga | 19 | 20 | 21 |
| 22 | 23<br>12.15pm<br>Circuits & Weights<br>6pm Yin Yoga | 24<br>9.15am<br>Strength & Mobility Flow<br>11am Fit2loveGolf<br>**3-7pm Pre Christmas Drinks & Get Together** | 25<br>9.15am Yin Yoga | 26 | 27 | 28 |
| 29 | 30<br>12.15pm<br>Circuits & Weights<br>6pm Yin Yoga | | | | | |

# DECEMBER

2026

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