

MAY

2026

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