

SEPTEMBER

2026

SUN	MON	TUES	WED	THURS	FRI	SAT
	12.15pm Circuits & Weights 6pm Yin Yoga	1 9.15am Strength & Mobility Flow 11am Fit2loveGolf	2 9.15am Yin Yoga	3	4	5
6	7 12.15pm Circuits & Weights 6pm Yin Yoga	8 9.15am Strength & Mobility Flow 11am Fit2loveGolf	9 9.15am Yin Yoga	10	11	12
13	14 12.15pm Circuits & Weights 6pm Yin Yoga	15 9.15am Strength & Mobility Flow 11am Fit2loveGolf	16 9.15am Yin Yoga	17	18	19
20	21 12.15pm Circuits & Weights 6pm Yin Yoga	22 9.15am Strength & Mobility Flow 11am Fit2loveGolf	23 9.15am Yin Yoga	24	25	26
27	28 12.15pm Circuits & Weights 6pm Yin Yoga	29 9.15am Strength & Mobility Flow 11am Fit2loveGolf	30 9.15am Yin Yoga			