

MAY

2026

SUN

MON

TUES

WED

THURS

FRI

SAT

31

1

2

3

4

5

6

7

8

9

12.15pm
Circuits & Weights
6pm Yin Yoga

9.15am
Strength & Mobility Flow
11am Fit2loveGolf

9.15am Yin Yoga

NO CLASS

10

11

12

13

14

15

16

NO CLASS

9.15am
Strength & Mobility Flow
11am Fit2loveGolf

9.15am Yin Yoga

9.15am
Slow Flow & Stretch

17

18

19

20

21

22

23

12.15pm
Circuits & Weights
6pm Yin Yoga

9.15am
Strength & Mobility Flow
11am Fit2loveGolf

9.15am Yin Yoga

NO CLASS

24

25

26

27

28

29

30

12.15pm
Circuits & Weights
6pm Yin Yoga

9.15am
Strength & Mobility Flow
11am Fit2loveGolf

9.15am Yin Yoga

9.15am
Slow Flow & Stretch