

# JULY

2026

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