

FEBRUARY

2026

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