

# AUGUST

2026

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