

Ansdell YMCA Class Timetable

Ansdell Ymca Arena

Accurate as of 20/04/2024

Times for Monday 23 April



| Time | Session | Facility | Instructor |
|---------------|-----------------------|---------------|------------|
| 18:00 - 19:00 | Maddy's Fitness Class | Activity Hall | Maddy |
| 20:00 - 21:00 | Circuit Training | Main Hall | Ian Nixon |