

# Ansdell YMCA Class Timetable

## Ansdell Ymca Arena

Accurate as of 02/05/2024

### Times for Monday 16 July



| 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  |