

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 19/04/2024

### Times for Friday 24 November



Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Lisa
09:15 - 10:00	Zumba Tone	Studios	
11:30 - 12:15	50+ Exercise	Studios	Lucie
19:30 - 20:30	Les Mills Body Balance	Studios	Abby williams