

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 01/05/2024

### Times for Thursday 18 January



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba Gold	Sports Hall	Suzy
10:30 - 11:15	ClubFit	Sports Hall	Suzy
11:30 - 12:30	Inner Strength Pilates	Studios	Lisa
18:00 - 19:00	Body Combat	Studios	Jen G
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Katey