St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 12/10/2024

Times for Wednesday 24 January

Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Jen G/Les
09:00 - 10:00	Body Pump	Studios	Les
09:15 - 10:45	Ashtanga Yoga	Studios	Joanne E
17:15 - 17:45	Tabata	Studios	Hayley
17:30 - 19:00	Ashtanga Yoga	Studios	Joanne E
18:30 - 19:30	Zumba	Sports Hall	Hazel
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Joanne E