

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 06/05/2024

| Times for Friday 26 January | | | |
|-----------------------------|--------------|----------|------------|
| Time | Session | Facility | Instructor |
| 07:00 - 07:45 | Spinning | Studios | Lisa |
| 09:15 - 10:00 | Zumba Tone | Studios | Suzy |
| 11:30 - 12:15 | 50+ Exercise | Studios | Lucie |