

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 25/04/2024

Times for Sunday 22 July

| Time | Session | Facility | Instructor |
|---------------|-------------|----------|------------|
| 09:00 - 09:30 | Tabata | Studios | Hayley |
| 09:45 - 10:15 | Body Attack | Studios | Hayley |