

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 18/04/2024

Times for Monday 23 July



Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Lisa
09:15 - 10:45	Vinyasa Flow Yoga	Studios	Joanne E
11:15 - 12:00	Low Impact Circuits	Studios	Lucie
12:15 - 12:45	Spin Blast	Studios	Mike
13:30 - 14:30	Trigger Point Pilates	Studios	Lisa