

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 17/04/2024

Times for Tuesday 24 July



Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Lisa
09:15 - 10:15	Zumba	Sports Hall	
10:00 - 11:00	Tai Chi	Studios	Elizabeth
12:00 - 13:00	Inner Strength Pilates	Studios	Lisa
12:15 - 12:45	Spin Blast	Studios	Mike
17:00 - 18:00	Body Combat	Studios	Phil
18:30 - 19:30	Spinning	Studios	Mike