

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 18/04/2024

Times for Friday 19 October



Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Lisa
09:15 - 10:00	Zumba Tone	Studios	
11:30 - 12:15	50+ Exercise	Studios	Lucie
19:30 - 20:30	Les Mills Body Balance	Studios	Abby williams