St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 12/10/2024

Times for Thursday 24 January

Time	Session	Facility	Instructor
09:15 - 10:00	Zumba Gold	Sports Hall	Suzy
10:15 - 11:00	ClubFit	Sports Hall	Suzy
11:30 - 12:30	Inner Strength Pilates	Studios	Lisa
18:00 - 19:00	Body Combat	Studios	Jen G
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Katey