Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 12/10/2024

Times for Monday 22 January

Time	Session	Facility	Instructor
09:45 - 10:45	H.T.T.B.	Sports Hall 1	Alison M
10:45 - 11:45	Pilates	Studio 1	Lisa E
11:00 - 12:00	Weights Workout	Studio 2	Alison M
18:00 - 19:00	H.T.T.B.	Studio 1	Alison M
18:15 - 19:15	Spinning	Studio 3	Lisa B
18:35 - 19:20	Body Pump	Studio 2	Karen