

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 17/05/2025

Times for Wednesday 17 October



Time	Session	Facility	Instructor
09:45 - 10:45	Hi Lo	Studio 1	Alison M
10:00 - 11:00	Les Mills Body Balance	Studio 2	Liz R
11:00 - 12:00	H.T.T.B.	Studio 1	Alison M
12:15 - 13:15	Pilates	Studio 1	Joanne L
18:00 - 18:45	Body Combat	Studio 2	Lisa B
18:00 - 18:45	Spinning	Studio 3	Alison M
18:50 - 19:20	Body Pump	Studio 2	Lisa B