

# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

Accurate as of 06/05/2024

### Times for Monday 29 April



| Time          | Session         | Facility      | Instructor |
|---------------|-----------------|---------------|------------|
| 06:35 - 07:20 | Spinning        | Studio 3      | Karen      |
| 09:00 - 09:30 | Cardio Tone     | Sports Hall 1 | Alison M   |
| 09:30 - 10:15 | Body Combat     | Studio 2      | Lisa E     |
| 09:45 - 10:45 | H.T.T.B.        | Sports Hall 1 | Alison M   |
| 10:15 - 10:45 | Les Mills Core  | Studio 2      | Lisa E     |
| 10:45 - 11:45 | Pilates         | Studio 1      | Lisa E     |
| 11:00 - 12:00 | Weights Workout | Studio 2      | Alison M   |
| 18:00 - 18:30 | Body Attack     | Studio 2      | Karen      |
| 18:00 - 19:00 | H.T.T.B.        | Studio 1      | Alison M   |
| 18:30 - 19:15 | Spinning        | Studio 3      | Lisa B     |
| 18:30 - 19:15 | Spartan         | Gym           | Lisa E     |
| 18:35 - 19:20 | Body Pump       | Studio 2      | Karen      |
| 19:00 - 20:00 | Yoga            | Studio 1      | Liz R      |
| 19:30 - 20:00 | HIIT Step       | Studio 2      | -          |