

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 06/05/2024

Times for Tuesday 30 April



Time	Session	Facility	Instructor
06:35 - 07:20	Spinning	Studio 3	Lisa E
08:30 - 09:15	Spinning	Studio 3	Alison M
09:30 - 10:30	Body Pump	Studio 2	Abby
09:45 - 10:45	Step	Studio 1	Alison M
11:00 - 11:45	Low Impact Spartan	Gym	Sarah
11:00 - 12:00	Gentle Exercise	Studio 1	Alison M
11:00 - 12:00	Yoga	Studio 2	Liz R
17:45 - 18:30	Body Combat	Studio 2	Karen
18:00 - 19:00	Boxing Circuits	Studio 1	Sarah
18:15 - 19:00	Spinning	Studio 3	John
18:15 - 19:00	Kettlebells	Sports Hall 1	Tony
18:30 - 19:00	Les Mills Core	Studio 2	Karen
19:15 - 20:00	Les Mills Body Balance	Studio 2	Liz R
19:30 - 20:15	Zumba	Sports Hall 1	Naomi B