

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 17/05/2025

### Times for Monday 10 December



| Time          | Session               | Facility | Instructor |
|---------------|-----------------------|----------|------------|
| 07:00 - 07:45 | Spinning              | Studios  | Lisa       |
| 09:15 - 10:45 | Hatha Yoga            | Studios  | Katey      |
| 11:30 - 12:15 | Low Impact Circuits   | Studios  | Lucie      |
| 12:15 - 12:45 | Spin Blast            | Studios  | Jen G      |
| 13:30 - 14:30 | Trigger Point Pilates | Studios  | Lisa       |