

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 19/04/2024

### Times for Thursday 13 December



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba Gold	Sports Hall	
10:30 - 11:15	Roc Box	Sports Hall	
11:30 - 12:30	Inner Strength Pilates	Studios	Lisa
18:00 - 19:00	Body Combat	Studios	Phil
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Joanne E