

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 02/05/2024

| Times for Thursday 28 February | | | |
|--------------------------------|------------------------|-------------|------------|
| Time | Session | Facility | Instructor |
| 09:15 - 10:00 | Zumba Gold | Sports Hall | Suzy |
| 10:30 - 11:15 | ClubFit | Sports Hall | Suzy |
| 11:30 - 12:30 | Inner Strength Pilates | Studios | Lisa |
| 18:00 - 19:00 | Body Combat | Studios | Jen G |
| 19:00 - 20:30 | Vinyasa Flow Yoga | Studios | Katey |