St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 12/10/2024

Times for Monday 29 April

Time	Session	Facility	Instructor
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