

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 24/04/2024

Times for Wednesday 3 July



| Time | Session | Facility | Instructor |
|---------------|-------------------|-------------|------------|
| 07:00 - 07:45 | Spinning | Studios | Jen G/Les |
| 09:00 - 10:00 | Body Pump | Studios | Les |
| 09:15 - 10:45 | Ashtanga Yoga | Studios | Joanne E |
| 17:15 - 17:45 | Tabata | Studios | Hayley |
| 17:30 - 19:00 | Ashtanga Yoga | Studios | Joanne E |
| 18:30 - 19:30 | Zumba | Sports Hall | Hazel |
| 19:00 - 20:30 | Vinyasa Flow Yoga | Studios | Joanne E |