

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 29/04/2024

### Times for Saturday 6 July



| Time          | Session     | Facility    | Instructor |
|---------------|-------------|-------------|------------|
| 09:00 - 10:00 | Super Spin  | Studios     | Mike       |
| 09:15 - 10:15 | Body Combat | Sports Hall | Naomi      |
| 10:15 - 11:00 | Spinning    | Studios     | Mike       |