

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 18/05/2024

Times for Saturday 12 October			
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