St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 12/10/2024

Times for Tuesday 14 July

Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Lisa
09:15 - 10:15	Zumba	Sports Hall	Suzy
09:15 - 10:30	Tai Chi	Studios	Elizabeth
12:00 - 13:00	Inner Strength Pilates	Studios	Lisa
13:30 - 16:00	Open Play Short Mat Bowls	Sports Hall	-
17:00 - 18:00	Body Combat	Sports Hall	Les
18:00 - 18:45	Spinning	Studios	Mike