

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 27/07/2024

Times for Monday 25 September



| Time | Session | Facility | Instructor |
|---------------|-----------------------|-------------|---------------|
| 07:00 - 07:45 | Spinning | Studios | Lisa |
| 09:00 - 10:00 | Body Pump | Studios | Abby williams |
| 09:15 - 10:45 | Hatha Yoga | Studios | Katey |
| 10:15 - 11:15 | Body Balance | Studios | Abby williams |
| 10:15 - 12:00 | Open Play Badminton | Sports Hall | - |
| 10:45 - 11:45 | Yoga | Studios | Katey |
| 11:30 - 12:15 | Low Impact Circuits | Studios | Lucie |
| 12:15 - 12:45 | Spin Blast | Studios | Jen G |
| 12:30 - 13:15 | Total Tone | Studios | Lucie |
| 13:30 - 14:30 | Trigger Point Pilates | Studios | Lisa |