

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 03/09/2024

### Times for Thursday 28 September



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba Gold	Sports Hall	Suzy
10:15 - 11:00	ClubFit	Sports Hall	Suzy
11:30 - 12:30	Inner Strength Pilates	Studios	Lisa
17:15 - 17:45	Body Attack	Studios	Hayley
18:00 - 18:30	Synrgy	Y:Active Fitness Studio	Sam
18:00 - 19:00	Body Combat	Studios	Jen G
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Katey