

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 27/07/2024

### Times for Saturday 30 September



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
10:30 - 11:30	Pilates	Studios	Les