

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 28/07/2024

### Times for Thursday 25 July



Time	Session	Facility	Instructor
06:30 - 07:00	Synrgy	Y:Active Fitness Studio	Sam
07:00 - 07:30	Grit Strength (Virtual)	Studios	Virtual
07:00 - 07:45	Spinning	Studios	Les
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
12:00 - 12:45	Chair Based Exercise	Studios	Lynda
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
18:00 - 19:00	Yoga For Men	Studios	Katey
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Katey
19:15 - 20:00	Body Pump (Virtual)	Studios	Virtual
20:15 - 21:15	Body Balance (Virtual)	Studios	Virtual