

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 10/08/2024

### Times for Friday 16 August



Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Lisa
07:00 - 07:45	Body Pump	Studios	Les
09:15 - 10:00	Zumba Tone	Studios	Suzy
09:15 - 10:30	Tai Chi	Studios	Elizabeth
10:30 - 11:15	Roc Box	Studios	Suzy
10:30 - 13:00	Open Play Short Mat Bowls	Sports Hall	-
10:45 - 12:15	Hatha Yoga	Studios	Elizabeth
11:30 - 12:15	50+ Exercise	Studios	Lucie
12:30 - 13:00	Sprint (Virtual)	Studios	Virtual
17:15 - 17:45	Sprint (Virtual)	Studios	Virtual
17:30 - 18:00	Core (Virtual)	Studios	Virtual
18:00 - 18:30	Synrgy	Y:Active Fitness Studio	Sam
18:00 - 18:30	RPM (Virtual)	Studios	Virtual
18:15 - 19:15	Body Combat (virtual)	Studios	Virtual
18:45 - 19:15	The Trip (Virtual)	Studios	Virtual