

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 03/09/2024

### Times for Sunday 1 September



Time	Session	Facility	Instructor
09:00 - 09:30	Tabata	Studios	Hayley
09:30 - 11:00	Yoga	Studios	John
09:45 - 10:15	Body Attack	Studios	Hayley
10:30 - 11:30	Body Balance (Virtual)	Studios	Virtual
14:00 - 14:45	The Trip (Virtual)	Studios	Virtual
14:30 - 15:30	Body Balance (Virtual)	Studios	Virtual