

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 04/09/2024

Times for Sunday 8 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 |