

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 08/09/2024

Times for Saturday 14 September



| Time | Session | Facility | Instructor |
|---------------|-------------------------|-------------|------------|
| 08:15 - 09:00 | Body Pump | Studios | Les |
| 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 |
| 11:15 - 11:45 | Sprint (Virtual) | Studios | Virtual |
| 11:45 - 12:15 | Grit Athletic (Virtual) | Studios | Virtual |
| 14:30 - 15:30 | Body Balance (Virtual) | Studios | Virtual |
| 14:45 - 15:30 | RPM (Virtual) | Studios | Virtual |