

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 10/09/2024

### Times for Monday 16 September



Time	Session	Facility	Instructor
06:15 - 07:00	Body Combat (virtual)	Studios	Virtual
07:00 - 07:45	Spinning	Studios	Lisa
07:15 - 07:45	Body Pump (Virtual)	Studios	Virtual
08:00 - 08:45	Body Balance (Virtual)	Studios	Virtual
09:00 - 10:00	Body Pump	Studios	Abby williams
09:15 - 10:00	Zumba	Sports Hall	Linsey
09:15 - 10:45	Hatha Yoga	Studios	Katey
10:15 - 11:15	Body Balance	Studios	Abby williams
10:15 - 12:00	Open Play Badminton	Sports Hall	-
10:45 - 11:45	Yoga	Studios	Katey
11:30 - 12:15	Low Impact Circuits	Studios	Lucie
12:15 - 12:45	Spin Blast	Studios	Jen G
12:30 - 13:15	Total Tone	Studios	Lucie
13:30 - 14:30	Trigger Point Pilates	Studios	Lisa
17:00 - 18:00	Body Combat	Sports Hall	James
18:00 - 18:30	Core (Virtual)	Studios	Virtual
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Steph