

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 18/09/2024

### Times for Tuesday 24 September



Time	Session	Facility	Instructor
06:15 - 07:00	Body Pump (Virtual)	Studios	Virtual
07:00 - 07:45	Spinning	Studios	Lisa
07:15 - 08:00	Body Balance (Virtual)	Studios	Virtual
09:15 - 10:15	Zumba	Sports Hall	Suzy
09:15 - 10:30	Tai Chi	Studios	Elizabeth
10:45 - 11:30	50+ Exercise	Sports Hall	Lynda
10:45 - 12:15	Yoga	Studios	Elizabeth
12:00 - 13:00	Inner Strength Pilates	Studios	Lisa
12:30 - 13:00	RPM (Virtual)	Studios	Virtual
13:30 - 16:00	Open Play Short Mat Bowls	Sports Hall	-
14:00 - 14:45	Fit Steps	Studios	Suzy
17:00 - 18:00	Body Combat	Sports Hall	Les
18:00 - 18:45	Spinning	Studios	Mike
18:15 - 19:15	Circuit Training	Sports Hall	Sam
19:00 - 19:45	Spinning	Studios	Mike
20:00 - 21:00	Body Balance (Virtual)	Studios	Virtual