

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 31/10/2024

### Times for Saturday 2 November



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