

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 22/12/2024

### Times for Wednesday 18 December



Time	Session	Facility	Instructor
06:15 - 07:00	Body Attack (Virtual)	Studios	Virtual
07:00 - 07:45	Spinning	Studios	Jen G/Les
07:15 - 08:00	Body Balance (Virtual)	Studios	Virtual
09:00 - 10:00	Body Pump	Studios	Les
09:15 - 10:45	Ashtanga Yoga	Studios	Joanne E
11:00 - 12:00	Chair Based Exercise	Studios	Lucie
11:15 - 12:15	Body Balance	Sports Hall	Abby williams
14:00 - 15:00	Trigger Point Pilates	Studios	Lynda
14:30 - 15:15	The Trip (Virtual)	Studios	Virtual
17:15 - 17:45	Tabata	Studios	Hayley
17:30 - 19:00	Ashtanga Yoga	Studios	Joanne E
18:00 - 18:30	Synrgy	Y:Active Fitness Studio	Sam
18:30 - 19:30	Zumba	Sports Hall	Hazel
19:00 - 20:00	Body Pump	Studios	Abby williams
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Joanne E
20:00 - 21:45	Open Play Badminton	Sports Hall	-