Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 12/10/2024

Times for Saturday 23 February

Time	Session	Facility	Instructor
08:50 - 09:20	Les Mills Gritt - Cardio	Studio 2	Lisa E
09:30 - 10:30	Body Pump	Studio 2	Karen
09:45 - 10:30	Spinning	Studio 3	John
11:15 - 12:15	Step	Studio 1	Alison M