# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

**Accurate as of 12/10/2024**

### Times for Sunday 30 June

| Time | Session | Facility | Instructor |
|---|---|---|---|
| 09:00 - 10:00 | Les Mills Body Balance | Studio 2 | Karen |
| 09:45 - 10:45 | Hi Lo | Studio 1 | Alison M |