# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

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

**Times for Wednesday 3 July**

| Time | Session | Facility | Instructor |
|---|---|---|---|
| 09:45 - 10:45 | Hi Lo | Studio 1 | Alison M |
| 10:00 - 11:00 | Les Mills Body Balance | Studio 2 | Liz R |
| 11:00 - 12:00 | H.T.T.B. | Studio 1 | Alison M |
| 12:15 - 13:15 | Pilates | Studio 1 | Joanne L |
| 18:00 - 18:45 | Body Combat | Studio 2 | Lisa B |
| 18:00 - 18:45 | Spinning | Studio 3 | Alison M |
| 19:00 - 19:30 | Les Mills Gritt - Cardio | Studio 2 | Lisa B |