

# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

Accurate as of 03/05/2024

### Times for Sunday 25 August

| 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   |