

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 17/05/2025

Times for Thursday 10 October



Time	Session	Facility	Instructor
06:45 - 07:30	Spinning	Studio 3	Lisa B
09:45 - 10:30	Spinning	Studio 3	Alison M
09:45 - 10:30	Body Pump	Studio 2	Liz R
10:45 - 11:45	Kettlebells	Studio 1	Alison M
18:00 - 19:00	Hi Lo	Studio 1	Alison M
18:15 - 19:00	Spinning	Studio 3	Lisa B
19:00 - 20:00	Kettlebells	Studio 2	Tony