Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 19/04/2024

Times for Friday 11 October

Time	Session	Facility	Instructor
06:35 - 07:20	Body Pump	Studio 2	Karen
09:15 - 10:00	Spinning	Studio 3	Lisa E
09:30 - 10:30	Fitness Pilates	Studio 1	Joanne E
11:00 - 12:00	Weights Workout	Studio 1	Alison M
18:00 - 18:30	Body Combat	Studio 2	Lisa B
18:15 - 19:00	Spinning	Studio 3	Alison M
18:30 - 19:00	Body Pump	Studio 2	Lisa B