

# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

Accurate as of 17/05/2025

### Times for Thursday 17 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       |