## **Thornton Adult Classes Ymca (Thornton Health And Fitness Centre)**

Accurate as of 07/05/2024

Times for Saturday 25 January			<b>©</b>
Time	Session	Facility	Instructor
08:50 - 09:20	Les Mills Gritt - Cardio	Studio 2	Lisa E
09:30 - 10:30	Body Pump	Studio 2	Karen
09:45 - 10:30	Spinning	Studio 3	John
11:15 - 12:15	Step	Studio 1	Alison M