

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 06/05/2024

Times for Tuesday 7 July



| Time | Session | Facility | Instructor |
|---------------|------------------------|---------------|------------|
| 06:35 - 07:20 | Spinning | Studio 3 | Lisa E |
| 09:30 - 10:30 | Body Pump | Studio 2 | Abby |
| 11:00 - 12:00 | Gentle Exercise | Studio 1 | Alison M |
| 17:45 - 18:30 | Body Combat | Studio 2 | Karen |
| 18:15 - 19:00 | Spinning | Studio 3 | John |
| 18:15 - 19:00 | Kettlebells | Sports Hall 1 | Tony |
| 19:15 - 20:00 | Les Mills Body Balance | Studio 2 | Liz R |