Thornton Adult Classes Ymca (Thornton Health And Fitness Centre)

Accurate as of 19/05/2024

| Times for Sunday 19 July | | | • |
|--------------------------|------------------------|----------|------------|
| Time | Session | Facility | Instructor |
| 09:00 - 10:00 | Les Mills Body Balance | Studio 2 | Karen |
| 09:45 - 10:45 | Hi Lo | Studio 1 | Alison M |