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

Accurate as of 27/07/2024

Times for Sunday 1 October			<b>©</b>
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