

# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

Accurate as of 01/08/2024

### Times for Wednesday 7 August



Time	Session	Facility	Instructor
06:35 - 07:20	Spinning	Studio 3	Lisa B
09:30 - 10:00	Bootcamp	Studio 2	Liz R
09:45 - 10:45	Hi Lo	Studio 1	Alison M
10:00 - 11:00	Les Mills Body Balance	Studio 2	Liz R
11:00 - 12:00	H.T.T.B.	Studio 1	Alison M
11:15 - 12:00	Body Combat	Studio 2	Naomi B
12:00 - 13:00	Low Impact Circuits	Studio 2	Alison M
12:15 - 13:15	Pilates	Studio 1	Joanne L
18:00 - 18:45	Body Combat	Studio 2	Lisa B
18:00 - 18:45	Spinning	Studio 3	Alison M
19:00 - 19:30	Les Mills Gritt - Cardio	Studio 2	Lisa B
19:00 - 20:00	Step and Tone	Studio 1	Alison M
19:30 - 20:00	Les Mills Core	Studio 2	Lisa B
20:00 - 20:45	Les Mills Body Balance	Studio 2	Karen