

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 11/08/2024

Times for Saturday 17 August



| Time | Session | Facility | Instructor |
|---------------|--------------------------|----------|------------|
| 08:30 - 09:00 | Spinning | Studio 3 | Lisa B |
| 08:50 - 09:20 | Les Mills Gritt - Cardio | Studio 2 | Lisa E |
| 09:30 - 10:15 | Spartan | Gym | |
| 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 |