

# Ansdell YMCA Class Timetable

## Ansdell Ymca Arena

Accurate as of 05/10/2026

| Times for Monday 5 October |                       |               |            |
|----------------------------|-----------------------|---------------|------------|
| Time                       | Session               | Facility      | Instructor |
| 18:00 - 19:00              | Maddy's Fitness Class | Activity Hall | Maddy      |
| 20:00 - 21:00              | Circuit Training      | Main Hall     | Ian Nixon  |