

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 25/04/2024

Times for Saturday 24 October



| Time | Session | Facility | Instructor |
|---------------|-------------|-------------|------------|
| 09:00 - 10:00 | Super Spin | Studios | Mike |
| 09:15 - 10:15 | Body Combat | Sports Hall | Naomi |
| 10:15 - 11:00 | Spinning | Studios | Mike |
| 10:30 - 11:30 | Pilates | Studios | Les |