

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 04/05/2024

Times for Friday 30 July			
Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Lisa
09:15 - 10:00	Zumba Tone	Studios	Suzy
09:15 - 10:30	Tai Chi	Studios	Elizabeth
11:30 - 12:15	50+ Exercise	Studios	Lucie