

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 17/04/2024

### Times for Monday 2 August



Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Lisa
09:00 - 10:00	Body Pump	Studios	Abby williams
09:15 - 10:45	Vinyasa Flow Yoga	Studios	Joanne E
10:30 - 11:30	Body Balance	Studios	Abby williams
11:15 - 12:00	Low Impact Circuits	Studios	Lucie
12:15 - 12:45	Spin Blast	Studios	Mike
12:30 - 13:15	Low Impact Circuits	Studios	Lucie
13:30 - 14:30	Trigger Point Pilates	Studios	Lisa