

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 17/04/2024

### Times for Wednesday 29 June



Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	-
09:00 - 10:00	Body Pump	Studios	Les
09:15 - 10:45	Yoga	Studios	Joanne E
11:00 - 12:00	Chair Based Exercise	Studios	Lucie
11:15 - 12:15	Body Balance	Studios	Abby williams
17:00 - 18:00	Body Conditioning	Studios	Phil
17:30 - 19:00	Ashtanga Yoga	Studios	Joanne E
18:30 - 19:30	Zumba	Sports Hall	Hazel
19:00 - 20:00	Body Pump	Studios	Abby williams
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Joanne E
20:00 - 21:45	Open Play Badminton	Sports Hall	-