


St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 06/05/2024

Times for Friday 1 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	
10:30 - 13:00	Open Play Short Mat Bowls	Sports Hall	-	
11:30 - 12:15	50+ Exercise	Studios	Lucie	