

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 26/09/2023

Times for Thursday 8 June



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba Gold	Sports Hall	
10:30 - 11:15	Roc Box	Sports Hall	
11:30 - 12:30	Inner Strength Pilates	Studios	Lisa
17:15 - 17:45	Body Attack	Studios	Hayley
18:00 - 18:30	Synrgy	Y:Active Fitness Studio	Dan M
18:00 - 19:00	Body Combat	Studios	Phil
18:00 - 19:00	Yoga For Men	Studios	Joanne E
19:00 - 20:30	Vinyasa Flow Yoga	Studios	Joanne E