

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 04/12/2023

### Times for Friday 9 June



Time	Session	Facility	Instructor
07:00 - 07:45	Spinning	Studios	Lisa
09:15 - 10:00	Zumba Tone	Studios	
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
12:15 - 13:00	50+ Exercise	Studios	Lucie
19:30 - 20:30	Les Mills Body Balance	Studios	Abby williams