

St Annes Adult Classes and Activities

Ymca (St Annes)

Accurate as of 30/05/2026

Times for Friday 5 June



| Time | Session | Facility | Instructor |
|---------------|---------------------------|-------------------------|------------|
| 07:00 - 07:45 | Spinning | Studios | Lisa |
| 07:00 - 07:45 | Body Pump | Studios | Les |
| 09:15 - 10:00 | Zumba Tone | Studios | Suzy |
| 09:15 - 10:30 | Tai Chi | Studios | Elizabeth |
| 10:30 - 11:15 | Roc Box | Studios | Suzy |
| 10:30 - 13:00 | Open Play Short Mat Bowls | Sports Hall | - |
| 10:45 - 12:15 | Hatha Yoga | Studios | Elizabeth |
| 11:30 - 12:15 | 50+ Exercise | Studios | Lucie |
| 12:30 - 13:00 | Sprint (Virtual) | Studios | Virtual |
| 17:15 - 17:45 | Sprint (Virtual) | Studios | Virtual |
| 17:30 - 18:00 | Core (Virtual) | Studios | Virtual |
| 18:00 - 18:30 | Synrgy | Y:Active Fitness Studio | Sam |
| 18:00 - 18:30 | RPM (Virtual) | Studios | Virtual |
| 18:15 - 19:15 | Body Combat (virtual) | Studios | Virtual |
| 18:45 - 19:15 | The Trip (Virtual) | Studios | Virtual |