

# St Annes Adult Classes and Activities

## Ymca (St Annes)

Accurate as of 17/08/2026

### Times for Wednesday 19 August



| Time          | Session                | Facility                | Instructor    |
|---------------|------------------------|-------------------------|---------------|
| 06:15 - 07:00 | Body Attack (Virtual)  | Studios                 | Virtual       |
| 07:00 - 07:45 | Spinning               | Studios                 | Jen G/Les     |
| 07:15 - 08:00 | Body Balance (Virtual) | Studios                 | Virtual       |
| 09:00 - 10:00 | Body Pump              | Studios                 | Les           |
| 09:15 - 10:45 | Ashtanga Yoga          | Studios                 | Joanne E      |
| 11:00 - 12:00 | Chair Based Exercise   | Studios                 | Lucie         |
| 11:15 - 12:15 | Body Balance           | Sports Hall             | Abby williams |
| 14:00 - 15:00 | Trigger Point Pilates  | Studios                 | Lynda         |
| 14:30 - 15:15 | The Trip (Virtual)     | Studios                 | Virtual       |
| 17:15 - 17:45 | Tabata                 | Studios                 | Hayley        |
| 17:30 - 19:00 | Ashtanga Yoga          | Studios                 | Joanne E      |
| 18:00 - 18:30 | Synrgy                 | Y:Active Fitness Studio | Sam           |
| 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             | -             |