

# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

Accurate as of 17/09/2021

### Times for Thursday 10 October



Time	Session	Facility	Instructor
06:45 - 07:30	Spinning	Y:Active Fitness Studio	Lisa B
09:30 - 10:00	Body Combat	Studio 2	Lisa E
09:45 - 10:30	Spinning	Y:Active Fitness Studio	Alison M
11:00 - 11:45	Kettlebells	Studio 1	Alison M
18:00 - 19:00	Hi Lo	Studio 1	Alison M
18:15 - 19:00	Spinning	Y:Active Fitness Studio	Lisa B
19:15 - 20:15	Kettlebells	Studio 2	Tony