

# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

Accurate as of 17/05/2025

### Times for Tuesday 20 October



Time	Session	Facility	Instructor
06:35 - 07:20	Spinning	Studio 3	Lisa E
09:30 - 10:30	Body Pump	Studio 2	Abby
11:00 - 12:00	Gentle Exercise	Studio 1	Alison M
11:00 - 12:00	Yoga	Studio 2	Liz R
18:00 - 18:45	Body Combat	Studio 2	Karen
18:15 - 19:00	Spinning	Studio 3	John
18:15 - 19:00	KettleFit	Sports Hall 1	Tony
18:45 - 19:15	Les Mills Core	Studio 2	Karen
19:15 - 20:00	Les Mills Body Balance	Studio 2	Liz R