

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 05/05/2024

Times for Thursday 29 October



| Time | Session | Facility | Instructor |
|---------------|--------------------------|----------|------------|
| 06:45 - 07:30 | Spinning | Studio 3 | Lisa B |
| 09:30 - 10:00 | Body Combat | Studio 2 | Naomi B |
| 09:45 - 10:30 | Spinning | Studio 3 | Alison M |
| 10:00 - 10:30 | Les Mills Gritt - Cardio | Studio 2 | Naomi B |
| 11:00 - 11:45 | Kettlebells | Studio 1 | Alison M |
| 18:00 - 19:00 | Hi Lo | Studio 1 | Alison M |
| 18:15 - 19:00 | Spinning | Studio 3 | Lisa B |
| 19:15 - 20:15 | Kettlebells | Studio 2 | Tony |