## **Thornton Adult Classes Ymca (Thornton Health And Fitness Centre)**

Accurate as of 05/05/2024

| Times for Sunday 1 August |                        |          | 0          |
|---------------------------|------------------------|----------|------------|
| Time                      | Session                | Facility | Instructor |
| 09:00 - 10:00             | Les Mills Body Balance | Studio 2 | Karen      |
| 09:45 - 10:45             | Hi Lo                  | Studio 1 | Alison M   |