Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 12/10/2024

Times for Monday 27 June

Time	Session	Facility	Instructor
06:35 - 07:20	Spinning	Studio 3	Karen
09:30 - 10:15	Body Combat	Studio 2	Lisa E
09:45 - 10:45	H.T.T.B.	Sports Hall 1	Alison M
10:15 - 10:45	Les Mills Core	Studio 2	Lisa E
10:45 - 11:45	Pilates	Studio 1	Lisa E
11:00 - 12:00	Weights Workout	Studio 2	Alison M
18:00 - 18:30	Body Combat	Studio 2	Karen
18:00 - 19:00	H.T.T.B.	Studio 1	Alison M
18:15 - 19:15	Spinning	Studio 3	Lisa B
18:35 - 19:20	Body Pump	Studio 2	Karen
19:00 - 20:00	Yoga	Studio 1	Liz R