

# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

Accurate as of 23/04/2024

### Times for Thursday 30 June



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
10:45 - 11:15	Les Mills Core	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 - 20:00	Fitness Pilates	Studio 3	Lisa E
19:15 - 20:15	Kettlebells	Studio 2	Tony