

# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

Accurate as of 26/09/2023

### Times for Thursday 8 June



Time	Session	Facility	Instructor
06:45 - 07:30	Spinning	Studio 3	Lisa B
09:30 - 10:00	Body Combat	Studio 2	Naomi B
09:30 - 10:30	Step and Tone	Studio 1	-
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
11:00 - 11:45	Low Impact Spartan	Gym	Sarah
18:00 - 19:00	Hi Lo	Studio 1	Alison M
18:15 - 19:00	Spinning	Studio 3	Lisa B
18:30 - 19:15	Spartan	Gym	
19:15 - 20:00	Fitness Pilates	Studio 3	Lisa E
19:15 - 20:15	Kettlebells	Studio 2	Tony