

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 03/05/2024

Times for Sunday 18 June



| 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 |