

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 19/07/2024

Times for Monday 2 October



| Time | Session | Facility | Instructor |
|---------------|-----------------|---------------|------------|
| 06:35 - 07:20 | Spinning | Studio 3 | Karen |
| 09:00 - 09:30 | Cardio Tone | Sports Hall 1 | Alison M |
| 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 |
| 18:30 - 19:15 | Spartan | Gym | Lisa E |
| 18:35 - 19:20 | Body Pump | Studio 2 | Karen |
| 19:00 - 20:00 | Yoga | Studio 1 | Liz R |
| 19:30 - 20:00 | HIIT Step | Studio 2 | - |