Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 16/09/2026

Times for Monday 10 February

Time	Session	Facility	Instructor
06:35 - 07:20	Spinning	Studio 3	Lisa E
09:00 - 09:30	Cardio Tone	Sports Hall 1	Alison M
09:10 - 09:55	Body Combat	Studio 2	-
09:45 - 10:45	H.T.T.B.	Sports Hall 1	Alison M
09:55 - 10:40	Body Pump	Studio 2	-
10:45 - 11:45	Pilates	Studio 1	Helen S
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