

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 28/07/2026

Times for Thursday 23 July



Time	Session	Facility	Instructor
06:45 - 07:30	Spinning	Studio 3	Lisa B
08:55 - 09:40	Body Combat	Studio 2	-
09:45 - 10:15	Les Mills Core	Studio 2	-
09:45 - 10:30	Spinning	Studio 3	Alison M
09:45 - 10:30	Body Pump	Studio 2	Liz R
10:45 - 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
18:30 - 19:15	Spartan	Gym	-
19:00 - 20:00	Kettlebells	Studio 2	Tony