

Thornton Adult Classes

Ymca (Thornton Health And Fitness Centre)

Accurate as of 30/09/2026

Times for Friday 2 October



Time	Session	Facility	Instructor
06:35 - 07:20	Body Pump	Studio 2	Karen
09:15 - 10:00	Spinning	Studio 3	Lisa E
09:30 - 10:00	Les Mills Core	Studio 2	-
09:30 - 10:30	Fitness Pilates	Studio 1	Joanne E
10:05 - 10:50	Body Combat	Studio 2	-
11:00 - 11:45	Low Impact Spartan	Gym	-
11:00 - 11:45	Body Pump	Studio 2	-
11:00 - 12:00	Weights Workout	Studio 1	Alison M
14:00 - 15:00	Yoga	Studio 1	-
17:30 - 18:00	Body Combat	Studio 2	Lisa B
18:00 - 18:45	Body Pump	Studio 2	Lisa B
18:15 - 19:00	Spinning	Studio 3	Alison M