

# Thornton Adult Classes

## Ymca (Thornton Health And Fitness Centre)

Accurate as of 30/09/2026

| Times for Saturday 3 October |                          |          |            |
|------------------------------|--------------------------|----------|------------|
| Time                         | Session                  | Facility | Instructor |
| 08:30 - 09:00                | Spinning                 | Studio 3 | Lisa B     |
| 08:50 - 09:20                | Les Mills Gritt - Cardio | Studio 2 | Lisa E     |
| 09:30 - 10:15                | Spartan                  | Gym      |            |
| 09:30 - 10:30                | Body Pump                | Studio 2 | Karen      |
| 09:45 - 10:30                | Spinning                 | Studio 3 | John       |
| 11:15 - 12:15                | Step                     | Studio 1 | Alison M   |