

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 19/04/2021

Times for Thursday 10 October



Time	Session	Facility	Instructor
09:30 - 10:30	Pilates	Fitness Class Studio	Julie F
11:00 - 12:00	Kpop X	Fitness Class Studio	Mo
18:00 - 18:45	Kettlebells	Fitness Class Studio	Lisa E
19:15 - 20:00	Glo Spin	Fitness Class Studio	Simon H