

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 15/06/2021

### Times for Friday 18 October



Time	Session	Facility	Instructor
09:30 - 10:30	Spinning	Fitness Class Studio	Alison R
12:30 - 13:30	Pilates	Fitness Class Studio	Julie F
18:00 - 18:45	Spinning	Fitness Class Studio	Simon H