

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 03/05/2024

Times for Monday 19 October



| Time | Session | Facility | Instructor |
|---------------|---------------------|-------------------------|------------|
| 09:15 - 10:15 | Pilates | Fitness Class Studio | Julie |
| 12:30 - 13:15 | Low Impact Circuits | Y:Active Fitness Studio | Julie |
| 19:15 - 20:00 | Bootcamp (New) | Fitness Class Studio | Leigh |