## **Poulton Adult Fitness Classes Poulton Ymca Swimming & Fitness Centre**

Accurate as of 19/05/2024

| Times for Thursday 29 October |             |                      | •          |
|-------------------------------|-------------|----------------------|------------|
| Time                          | Session     | Facility             | Instructor |
| 09:30 - 10:30                 | Pilates     | Fitness Class Studio | Julie      |
| 18:00 - 18:45                 | Kettlebells | Fitness Class Studio | Lisa       |