

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 03/05/2024

Times for Monday 11 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
18:50 - 19:35	Aqua Aerobics	Swimming Pool	Dawn D
19:15 - 20:00	Bootcamp (New)	Fitness Class Studio	Leigh