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

Accurate as of 17/05/2024

| Times for Wednesday 13 October |          |                      |            |
|--------------------------------|----------|----------------------|------------|
| Time                           | Session  | Facility             | Instructor |
| 18:00 - 18:45                  | Spinning | Fitness Class Studio | Simon H    |