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

## Accurate as of 01/05/2024

Times for Thursday 21 October			0
Time	Session	Facility	Instructor
09:30 - 10:30	Pilates	Fitness Class Studio	Julie
18:00 - 18:45	Kettlebells	Fitness Class Studio	Lisa