

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 27/04/2024

Times for Friday 22 October



| Time | Session | Facility | Instructor |
|---------------|----------|----------------------|------------|
| 09:30 - 10:30 | Spinning | Fitness Class Studio | Alison |
| 12:30 - 13:30 | Pilates | Fitness Class Studio | Julie |