

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 05/07/2025

Times for Wednesday 26 January			
Time	Session	Facility	Instructor
10:00 - 11:00	Zumba	Fitness Class Studio	Leigh
12:00 - 12:45	Aqua Aerobics	Swimming Pool	Leigh
18:00 - 18:45	Spinning	Fitness Class Studio	Simon H