

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 05/07/2025

Times for Saturday 29 January			
Time	Session	Facility	Instructor
09:00 - 09:45	Spinning	Fitness Class Studio	Alison
10:00 - 10:45	Kettlebells	Fitness Class Studio	Alison