

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 23/04/2024

### Times for Tuesday 1 February



Time	Session	Facility	Instructor
09:15 - 10:30	Yoga	Fitness Class Studio	Charlotte
11:00 - 12:00	Kpop X	Fitness Class Studio	Mo
18:30 - 19:30	Zumba	Fitness Class Studio	Abby