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

## Accurate as of 03/07/2025

Times for Thursday 3 February				٩
Time	Session	Facility	Instructor	
09:30 - 10:30	Pilates	Fitness Class Studio	Julie	
11:00 - 12:00	RocBod	Fitness Class Studio	Leigh	