

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 03/05/2024

### Times for Wednesday 29 June



Time	Session	Facility	Instructor
09:20 - 10:00	Circuit Training	Y:Active Fitness Studio	Leigh
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