

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 17/05/2024

| Times for Thursday 30 June | | | |
|----------------------------|-------------|----------------------|------------|
| Time | Session | Facility | Instructor |
| 09:30 - 10:30 | Pilates | Fitness Class Studio | Julie |
| 11:00 - 12:00 | RocBod | Fitness Class Studio | Leigh |
| 18:00 - 18:45 | Kettlebells | Fitness Class Studio | Lisa |