

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 02/05/2024

Times for Wednesday 6 July



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