


Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 04/05/2024

Times for Tuesday 6 December				
Time	Session	Facility	Instructor	
09:15 - 10:45	Yoga	Fitness Class Studio	Sarah A	
11:00 - 12:00	Kpop X	Fitness Class Studio	Leigh	
18:30 - 19:30	Zumba	Fitness Class Studio	Abby	