

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 01/05/2024

Times for Thursday 8 December				
Time	Session	Facility	Instructor	
09:30 - 10:30	Pilates	Fitness Class Studio	Julie	
10:30 - 11:15	Circuit Training	Fitness Class Studio	Julie	
11:00 - 12:00	RocBod	Fitness Class Studio	Leigh	
17:30 - 18:00	Weights Workout	Fitness Class Studio	Leigh	
18:00 - 18:45	Kettlebells	Fitness Class Studio	Lisa	