

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 21/06/2025

Times for Tuesday 30 May			
Time	Session	Facility	Instructor
11:00 - 12:00	Kpop X	Fitness Class Studio	Leigh
12:15 - 13:00	Gentle Exercise	Fitness Class Studio	Sarah
18:40 - 19:40	Zumba	Fitness Class Studio	Leigh