

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 12/05/2025

| Times for Friday 2 June | | | |
|-------------------------|-----------------------|----------------------|------------|
| Time | Session | Facility | Instructor |
| 09:30 - 10:30 | Spinning | Fitness Class Studio | Alison |
| 11:30 - 12:15 | Thighs, Bums and Tums | Fitness Class Studio | Julie |
| 12:30 - 13:30 | Pilates | Fitness Class Studio | Julie |