

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 12/05/2025

Times for Tuesday 6 June			
Time	Session	Facility	Instructor
11:00 - 12:00	Kpop X	Fitness Class Studio	Leigh
12:15 - 13:00	Gentle Exercise	Fitness Class Studio	Sarah
18:30 - 19:30	Zumba	Fitness Class Studio	Leigh