

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 24/04/2024

Times for Tuesday 20 February



Time	Session	Facility	Instructor
09:15 - 10:30	Yoga	Fitness Class Studio	Charlotte
10:00 - 10:45	Circuit Training	Y:Active Fitness Studio	Tiffany
11:00 - 12:00	Kpop X	Fitness Class Studio	Mo
12:15 - 13:15	Gentle Exercise	Fitness Class Studio	Sarah
18:30 - 19:30	Zumba	Fitness Class Studio	Abby