

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 14/05/2024

| Times for Wednesday 3 April | | | |
|-----------------------------|------------------|-------------------------|------------|
| Time | Session | Facility | Instructor |
| 06:45 - 07:30 | Spinning | Fitness Class Studio | Lisa-Marie |
| 09:20 - 10:00 | Circuit Training | Y:Active Fitness Studio | Leigh |
| 10:00 - 11:00 | Zumba | Fitness Class Studio | Leigh |
| 11:00 - 11:30 | Abs/Core | Fitness Class Studio | Leigh |
| 12:00 - 12:45 | Aqua Aerobics | Swimming Pool | Leigh |
| 18:00 - 18:45 | Spinning | Fitness Class Studio | Simon H |
| 19:00 - 19:45 | Pilates | Fitness Class Studio | Helen |