

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 31/05/2026

Times for Friday 5 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 |