

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 18/09/2026

Times for Friday 18 September			
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