

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 28/09/2026

| Times for Friday 2 October |                       |                      |            |
|----------------------------|-----------------------|----------------------|------------|
| 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      |