Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 27/11/2026

Times for Friday 27 November

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