Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 27/11/2026

Times for Tuesday 1 December

Time	Session	Facility	Instructor
10:00 - 10:45	Circuit Training	Y:Active Fitness Studio	Leigh
11:00 - 12:00	Kpop X	Fitness Class Studio	Leigh
12:30 - 13:30	Gentle Exercise	Fitness Class Studio	Rachel
18:40 - 19:40	Zumba	Fitness Class Studio	Leigh