Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 27/11/2026

Times for Wednesday 2 December

Time	Session	Facility	Instructor
06:45 - 07:30	Spinning	Fitness Class Studio	Lisa-Marie
10:00 - 11:00	Zumba	Fitness Class Studio	Leigh
11:00 - 11:30	Abs/Core	Fitness Class Studio	Leigh
12:00 - 12:45	Aqua Aerobics	Swimming Pool	Leigh
18:00 - 18:45	Spinning	Fitness Class Studio	Simon H