

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 20/04/2024

Times for Saturday 24 October



| Time | Session | Facility | Instructor |
|---------------|-----------|-------------------------|------------|
| 08:00 - 08:30 | HIIT Step | Sports Hall | Rachel |
| 09:15 - 10:00 | Circuits | Y:Active Fitness Studio | Lindsey |