

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 26/04/2024

### Times for Monday 26 October



| Time          | Session                | Facility      | Instructor |
|---------------|------------------------|---------------|------------|
| 09:15 - 10:00 | Full Body Conditioning | Sports Hall   | Lindsey    |
| 17:45 - 18:30 | Spinning               | Spinning Room | Simon H    |