Fleetwood Fitness Classes Fleetwood YMCA Leisure Centre

Accurate as of 18/05/2024

| Times for Tuesday 27 October | | | S |
|------------------------------|--------------------------|-------------|------------|
| Time | Session | Facility | Instructor |
| 11:00 - 11:45 | Stretch & Core | Sports Hall | Dawn |
| 12:00 - 13:00 | Low Impact Circuit Class | Sports Hall | Dawn |
| 18:15 - 19:00 | TRX Blast | Sports Hall | Keith |