

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 25/04/2024

Times for Tuesday 3 August



| 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 |