

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 18/04/2024

### Times for Wednesday 4 August



Time	Session	Facility	Instructor
06:30 - 07:15	Circuits	Sports Hall	Keith
09:15 - 10:00	Spinning	Sports Hall	Lindsey
17:45 - 18:15	HIIT Step	Sports Hall	Rachel