

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 20/02/2024

Times for Wednesday 7 June



Time	Session	Facility	Instructor
06:30 - 07:15	Circuits	Sports Hall	Keith
09:05 - 09:50	Aqua Aerobics *	Main Pool	Julie
09:15 - 10:00	Spinning	Sports Hall	Lindsey
11:00 - 11:45	Low Impact Circuit Class	Sports Hall	Instructor
17:45 - 18:15	HIIT Step	Sports Hall	Rachel
18:15 - 19:00	Stretch & Core	Main Pool	Dawn