


Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 09/05/2025

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	
18:15 - 19:00	Pilates	Sports Hall	Dawn	