Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 13 June

Time	Session	Facility	Instructor
06:30 - 07:15	HIIT Step	Sports Hall	Rachel
09:05 - 09:50	Aqua Aerobics *	Main Pool	Dawn
11:00 - 12:00	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