

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 04/05/2024

### Times for Wednesday 1 May



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	Stretch & Core	Main Pool	Dawn