

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 27/06/2026

### Times for Tuesday 16 June



Time	Session	Facility	Instructor
06:30 - 07:15	HIIT Step	Sports Hall	Rachel
09:05 - 09:50	Aqua Aerobics *	Main Pool	Dawn
10:00 - 10:45	Low Impact Circuit Class	Y:Active Fitness Studio	Dawn
11:00 - 11:45	Pilates	Y:Active Fitness Studio	Dawn
18:15 - 19:00	TRX Blast	Sports Hall	Keith