

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 27/06/2026

### Times for Thursday 18 June



Time	Session	Facility	Instructor
06:30 - 07:15	Spinning	Spinning Room	Fitness Team
09:15 - 10:15	Aqua Aerobics *	Main Pool	Instructor
10:05 - 10:50	Zumba	Y:Active Fitness Studio	
11:30 - 12:30	Gentle Exercise	Sports Hall	Simon H