

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 27/06/2026

### Times for Friday 19 June



Time	Session	Facility	Instructor
06:30 - 07:00	TRX Blast	Y:Active Fitness Studio	Dawn
09:15 - 09:45	Full Body Conditioning	Sports Hall	Instructor
09:45 - 10:10	Body Conditioning	Y:Active Fitness Studio	Instructor
10:15 - 11:00	Zumba	Sports Hall	Instructor