

Lytham Adult Classes and Activities

Ymca (Lytham)

Accurate as of 23/11/2020

Times for Tuesday 20 October



Time	Session	Facility	Instructor
06:15 - 07:00	Virtual RPM	Spinning Studio	-
07:30 - 08:00	Les Mills Virtual Sprint	Spinning Studio	-
08:30 - 09:00	Les Mills Virtual Sprint	Spinning Studio	-
09:30 - 10:15	Virtual RPM	Spinning Studio	-
11:00 - 12:00	Low Impact Circuits	Sports Hall	Lucie
12:30 - 13:00	Les Mills Virtual Sprint	Spinning Studio	-
13:00 - 14:00	Pilates - Advanced	Studio 2	Becky
14:45 - 15:15	Les Mills Virtual Sprint	Spinning Studio	-
16:05 - 16:50	Virtual RPM	Spinning Studio	-
17:15 - 18:00	Spinning	Sports Hall	-
18:30 - 19:30	Body Pump	Sports Hall	Shaun
19:00 - 19:30	Virtual Spinning	Spinning Studio	-