

Lytham Adult Classes and Activities

Ymca (Lytham)

Accurate as of 22/01/2021

Times for Saturday 24 October



Time	Session	Facility	Instructor
08:15 - 09:00	Virtual RPM	Spinning Studio	-
08:15 - 09:15	Body Pump	Sports Hall	Les
10:00 - 11:00	Spinning	Spinning Studio	Les
10:30 - 11:00	Les Mills Virtual Sprint	Spinning Studio	
12:30 - 13:00	Les Mills Virtual Sprint	Spinning Studio	-
14:00 - 14:45	Virtual RPM	Spinning Studio	-