

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 22/01/2021

### Times for Monday 23 November



Time	Session	Facility	Instructor
06:15 - 07:00	Spinning	Sports Hall	Les
06:15 - 07:00	Virtual RPM	Spinning Studio	-
07:30 - 08:00	Les Mills Virtual Sprint	Spinning Studio	-
08:30 - 09:00	Virtual RPM	Spinning Studio	-
09:00 - 10:00	Body Blitz	Studio 2	-
09:30 - 10:15	Virtual RPM	Spinning Studio	-
10:45 - 12:15	Yoga	Studio 2	Katie
12:30 - 13:00	Les Mills Virtual Sprint	Spinning Studio	-
12:30 - 13:00	Les Mills Virtual Sprint	Spinning Studio	-
12:45 - 13:30	H.I.I.T	Sports Hall	YMCA Staff
13:00 - 14:00	Tai Chi	Studio 2	Elizabeth
14:45 - 15:15	Les Mills Virtual Sprint	Spinning Studio	-
16:05 - 16:50	Virtual RPM	Spinning Studio	-
17:30 - 18:30	Spinning	Spinning Studio	Michael
18:00 - 19:00	Body Combat	Studio 2	Louise
19:15 - 20:00	Tabata HIIT Circuits	Studio 2	YMCA Staff
19:30 - 20:00	Les Mills Virtual Sprint	Spinning Studio	-
19:30 - 20:15	Body Pump	Sports Hall	Louise