

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 28/02/2021

### Times for Wednesday 25 November



Time	Session	Facility	Instructor
06:15 - 07:00	Virtual RPM	Spinning Studio	-
07:00 - 07:45	Spinning	Sports Hall	Les
07:30 - 08:00	Les Mills Virtual Sprint	Spinning Studio	-
08:30 - 09:00	Les Mills Virtual Sprint	Spinning Studio	-
09:15 - 10:15	Body Pump	Sports Hall	Abby
09:30 - 10:15	Virtual RPM	Spinning Studio	-
10:45 - 12:15	Yoga	Studio 2	Katie
11:00 - 12:00	Music and Movement	Sports Hall	Barbara
12:30 - 13:00	Les Mills Virtual Sprint	Spinning Studio	-
12:30 - 13:00	Spinning	Sports Hall	Shaun
14:45 - 15:15	Les Mills Virtual Sprint	Spinning Studio	-
16:05 - 16:50	Virtual RPM	Spinning Studio	-
17:30 - 18:15	Virtual RPM	Spinning Studio	-
17:30 - 18:15	Circuits	Sports Hall	YMCA Staff
18:00 - 19:00	Body Combat	Studio 2	Louise
18:45 - 19:45	Spinning	Sports Hall	Les