

Lytham Adult Classes and Activities

Ymca (Lytham)

Accurate as of 25/02/2021

Times for Saturday 28 November



| 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 | - |