

Lytham Adult Classes and Activities

Ymca (Lytham)

Accurate as of 24/06/2026

Times for Saturday 27 June



| Time | Session | Facility | Instructor |
|---------------|------------------|-----------------|------------|
| 08:15 - 09:00 | Virtual RPM | Spinning Studio | |
| 08:15 - 09:15 | Bodypump't | Studio 2 | Bettina |
| 09:30 - 10:15 | Virtual RPM | Spinning Studio | YMCA Staff |
| 09:30 - 10:30 | Pilates | Studio 2 | |
| 11:00 - 11:30 | Virtual Spinning | Spinning Studio | |
| 12:30 - 13:00 | Virtual Spinning | Spinning Studio | |
| 14:00 - 14:45 | Virtual RPM | Spinning Studio | |