

Lytham Adult Classes and Activities

Ymca (Lytham)

Accurate as of 17/08/2026

Times for Saturday 22 August			
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	