

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 14/05/2024

| Times for Friday 19 January |          |                      |            |
|-----------------------------|----------|----------------------|------------|
| Time                        | Session  | Facility             | Instructor |
| 09:30 - 10:30               | Spinning | Fitness Class Studio | Alison     |
| 12:30 - 13:30               | Pilates  | Fitness Class Studio | Julie      |