

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 03/05/2024

### Times for Saturday 28 July



Time	Session	Facility	Instructor
09:00 - 09:45	Spinning	Fitness Class Studio	Alison
10:00 - 10:45	Kettlebells	Fitness Class Studio	Alison