

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 28/04/2024

Times for Monday 22 October			
Time	Session	Facility	Instructor
09:15 - 10:15	Pilates	Fitness Class Studio	Julie
12:30 - 13:15	Low Impact Circuits	Y:Active Fitness Studio	Julie
19:15 - 20:00	Bootcamp (New)	Fitness Class Studio	Leigh