

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 17/05/2024

| Times for Saturday 4 May |             |                      |            |
|--------------------------|-------------|----------------------|------------|
| Time                     | Session     | Facility             | Instructor |
| 09:00 - 09:45            | Spinning    | Fitness Class Studio | Alison     |
| 10:00 - 10:45            | Kettlebells | Fitness Class Studio | Alison     |