## **Poulton Adult Fitness Classes Poulton Ymca Swimming & Fitness Centre**

Accurate as of 11/05/2024

| Times for Friday 17 January |          |                      |            |
|-----------------------------|----------|----------------------|------------|
| Time                        | Session  | Facility             | Instructor |
| 09:30 - 10:30               | Spinning | Fitness Class Studio | Alison     |
| 12:30 - 13:30               | Pilates  | Fitness Class Studio | Julie      |