Poulton Adult Fitness Classes Poulton Ymca Swimming & Fitness Centre

Accurate as of 05/05/2024

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