

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 08/05/2024

Times for Saturday 18 July			
Time	Session	Facility	Instructor
09:00 - 09:45	Spinning	Fitness Class Studio	Alison
10:00 - 10:45	Kettlebells	Fitness Class Studio	Alison