

Poulton Adult Fitness Classes

Poulton Ymca Swimming & Fitness Centre

Accurate as of 31/10/2024

Times for Tuesday 16 July



Time	Session	Facility	Instructor
09:15 - 10:45	Yoga	Fitness Class Studio	Sarah A
10:00 - 10:45	Circuit Training	Y:Active Fitness Studio	Leigh
11:00 - 12:00	Kpop X	Fitness Class Studio	Leigh
12:15 - 13:15	Gentle Exercise	Fitness Class Studio	Sarah
18:30 - 19:30	Zumba	Fitness Class Studio	Abby