

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 31/10/2024

### Times for Thursday 18 July



Time	Session	Facility	Instructor
09:30 - 10:30	Pilates	Fitness Class Studio	Julie
10:30 - 11:15	Circuit Training	Fitness Class Studio	Julie
11:00 - 12:00	RocBod	Fitness Class Studio	Leigh
17:30 - 18:00	Weights Workout	Fitness Class Studio	Leigh
18:00 - 18:45	Kettlebells	Fitness Class Studio	Lisa
18:30 - 19:15	Aqua Aerobics	Swimming Pool	Leigh