

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 28/07/2024

### Times for Wednesday 24 July



Time	Session	Facility	Instructor
06:45 - 07:30	Spinning	Fitness Class Studio	Lisa-Marie
09:20 - 10:00	Circuit Training	Y:Active Fitness Studio	Leigh
10:00 - 11:00	Zumba	Fitness Class Studio	Leigh
11:00 - 11:30	Abs/Core	Fitness Class Studio	Leigh
12:00 - 12:45	Aqua Aerobics	Swimming Pool	Leigh
18:00 - 18:45	Spinning	Fitness Class Studio	Simon H
19:00 - 19:45	Pilates	Fitness Class Studio	Helen