## **Poulton Adult Fitness Classes Poulton Ymca Swimming & Fitness Centre**

Accurate as of 04/08/2024

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