

# Poulton Adult Fitness Classes

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 10/08/2024

### Times for Friday 16 August



| Time          | Session               | Facility             | Instructor |
|---------------|-----------------------|----------------------|------------|
| 09:30 - 10:30 | Spinning              | Fitness Class Studio | Alison     |
| 11:30 - 12:15 | Thighs, Bums and Tums | Fitness Class Studio | Julie      |
| 12:30 - 13:30 | Pilates               | Fitness Class Studio | Julie      |