Poulton Adult Fitness Classes Poulton Ymca Swimming & Fitness Centre

Accurate as of 13/09/2024

| Times for Saturday 14 September | | | |
|---------------------------------|-------------|----------------------|------------|
| Time | Session | Facility | Instructor |
| 09:00 - 09:45 | Spinning | Fitness Class Studio | Alison |
| 10:00 - 10:45 | Kettlebells | Fitness Class Studio | Alison |