

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 18/04/2024

Times for Thursday 13 December



| Time | Session | Facility | Instructor |
|---------------|-----------------|---------------|------------|
| 11:30 - 12:30 | Gentle Exercise | Sports Hall | Julie |
| 17:45 - 18:30 | Spinning | Spinning Room | Keith |