

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 28/04/2024

Times for Monday 7 October



| Time | Session | Facility | Instructor |
|---------------|------------------------|---------------|------------|
| 09:15 - 10:00 | Full Body Conditioning | Sports Hall | Lindsey |
| 17:45 - 18:30 | Spinning | Spinning Room | Simon H |