

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 29/04/2024

### Times for Tuesday 8 October



Time	Session	Facility	Instructor
11:00 - 11:45	Stretch & Core	Sports Hall	Dawn
12:00 - 13:00	Low Impact Circuit Class	Sports Hall	Dawn
18:15 - 19:00	TRX Blast	Sports Hall	Keith