

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 30/04/2024

| Times for Friday 10 April |           |                         |            |
|---------------------------|-----------|-------------------------|------------|
| Time                      | Session   | Facility                | Instructor |
| 06:30 - 07:00             | TRX Blast | Y:Active Fitness Studio | Dawn       |