

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 05/05/2024

| Times for Monday 13 July | | | |
|--------------------------|------------------------|---------------|------------|
| Time | Session | Facility | Instructor |
| 09:15 - 10:00 | Full Body Conditioning | Sports Hall | Lindsey |
| 17:45 - 18:30 | Spinning | Spinning Room | Simon H |