

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 27/07/2024

Times for Tuesday 26 September



| Time | Session | Facility | Instructor |
|---------------|--------------------------|-------------|------------|
| 06:30 - 07:15 | HIIT Step | Sports Hall | Rachel |
| 09:05 - 09:50 | Aqua Aerobics * | Main Pool | Dawn |
| 11:00 - 12:00 | 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 |