

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 27/07/2024

### Times for Friday 29 September



Time	Session	Facility	Instructor
06:30 - 07:00	TRX Blast	Y:Active Fitness Studio	Dawn
09:15 - 10:00	Synrgy	Sports Hall	Rachel
10:00 - 11:00	Zumba	Sports Hall	Tiffany