

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 20/04/2024

### Times for Friday 19 April



| 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 | Dancefit  | Sports Hall             | Tiffany    |