

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 28/07/2024

Times for Friday 26 July



| 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 |