

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 22/08/2024

Times for Wednesday 28 August



Time	Session	Facility	Instructor
06:30 - 07:15	Circuits	Sports Hall	Keith
09:05 - 09:50	Aqua Aerobics *	Main Pool	Julie
09:15 - 10:00	Spinning	Sports Hall	Lindsey
10:15 - 11:00	Synrgy Strength	Sports Hall	Dawn
11:00 - 11:45	Low Impact Circuit Class	Sports Hall	Instructor
18:15 - 19:00	Pilates	Sports Hall	Dawn