


Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 01/09/2024

Times for Friday 6 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	