

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 08/09/2024

### Times for Saturday 14 September



Time	Session	Facility	Instructor
08:00 - 08:30	HIIT Step	Sports Hall	Rachel
08:35 - 09:05	Spin Express	Spinning Room	Lindsey
09:15 - 10:00	Circuits	Y:Active Fitness Studio	Lindsey