

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 27/12/2024

Times for Thursday 21 November



| Time | Session | Facility | Instructor |
|---------------|-----------------|-------------------------|------------|
| 09:15 - 10:00 | Spinning | Y:Active Fitness Studio | Simon H |
| 09:15 - 10:15 | Zumba | Sports Hall | Instructor |
| 11:30 - 12:30 | Gentle Exercise | Sports Hall | Simon H |
| 17:45 - 18:30 | Spinning | Spinning Room | Keith |