

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 27/12/2024

Times for Friday 22 November			
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