

Fleetwood Fitness Classes

Fleetwood YMCA Leisure Centre

Accurate as of 27/12/2024

Times for Monday 2 December



| Time | Session | Facility | Instructor |
|---------------|--------------------------|---------------|------------|
| 09:05 - 09:50 | Aqua Aerobics * | Main Pool | Dawn |
| 09:15 - 10:00 | Full Body Conditioning | Sports Hall | Lindsey |
| 10:15 - 11:00 | Low Impact Circuit Class | Sports Hall | Rachel |
| 10:15 - 11:00 | Spinning (12yrs +) | Spinning Room | Dawn |
| 17:45 - 18:30 | Spinning | Spinning Room | Simon H |