

# Fleetwood Fitness Classes

## Fleetwood YMCA Leisure Centre

Accurate as of 26/12/2024

### Times for Monday 9 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