Kids, Teens & Family Classes & Activities Poulton Ymca Swimming & Fitness Centre

Accurate as of 18/05/2024

| Times for Monday 13 January | | |
|-----------------------------|---------------------|-------------------------|
| Time | Session | Facility |
| 15:30 - 17:30 | Junior Gym 14-16yrs | Y:Active Fitness Studio |
| 17:15 - 17:45 | HIIT Step | Y:Active Fitness Studio |