

# Kids, Teens & Family Classes & Activities

## Poulton Ymca Swimming & Fitness Centre

Accurate as of 28/04/2024

### Times for Monday 6 April



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