

Lytham Adult Classes and Activities

Ymca (Lytham)

Accurate as of 13/05/2024

Times for Tuesday 30 April



| Time | Session | Facility | Instructor |
|---------------|---------------------|-----------------|------------|
| 06:15 - 07:00 | Virtual RPM | Spinning Studio | |
| 07:00 - 07:45 | BURN 45 | Sports Hall | Shaun |
| 08:30 - 09:00 | Virtual Spinning | Spinning Studio | |
| 09:10 - 09:55 | Body Combat | Studio 2 | Louise |
| 09:30 - 10:15 | Virtual RPM | Spinning Studio | |
| 10:00 - 11:00 | Pilates | Studio 2 | Bettina |
| 11:00 - 12:00 | Low Impact Circuits | Sports Hall | YMCA Staff |
| 12:30 - 13:00 | Virtual Spinning | Spinning Studio | |
| 14:45 - 15:15 | Virtual Spinning | Spinning Studio | |
| 16:05 - 16:50 | Virtual RPM | Spinning Studio | |
| 17:15 - 18:00 | SPIN-45 | Spinning Studio | Staci |
| 18:15 - 18:45 | Tabata | Studio 2 | Shaun |
| 19:00 - 19:30 | Virtual Spinning | Spinning Studio | |
| 19:00 - 20:00 | Stretch & Core | Studio 2 | Bettina |