

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 30/07/2024

### Times for Monday 5 August



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Spinning	Spinning Studio	
07:00 - 07:45	Virtual RPM	Spinning Studio	No Instructor
08:30 - 09:00	Virtual Spinning	Spinning Studio	
09:15 - 10:15	Bodypump't	Studio 2	Bettina
09:30 - 10:15	SPIN-45	Spinning Studio	Staci
10:45 - 12:15	Yoga	Studio 2	Katie
12:30 - 13:00	Tabata HIIT Circuits	Sports Hall	Shaun
12:30 - 13:00	Virtual Spinning	Spinning Studio	
13:00 - 14:15	Tai Chi	Studio 2	Elizabeth
14:30 - 15:30	Chair Based Exercise	Studio 1	Lucie Marsh
17:30 - 18:30	SPIN-60	Spinning Studio	Mike
18:00 - 18:30	Synergy H.I.I.T	Y:Active Fitness Studio	Cam
18:00 - 19:00	Body Combat	Studio 2	Louise
18:30 - 19:00	Synergy abs + core	Y:Active Fitness Studio	Cam
19:00 - 19:45	Body Pump	Studio 2	Louise