

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 03/08/2024

### Times for Friday 9 August



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Spinning	Spinning Studio	
07:00 - 07:45	Virtual RPM	Spinning Studio	YMCA Staff
08:30 - 09:00	Virtual Spinning	Spinning Studio	
09:30 - 10:15	Virtual RPM	Spinning Studio	
09:30 - 10:30	MIX-IT 45	Sports Hall	YMCA Staff
11:00 - 11:45	Low Impact Circuits	Sports Hall	Bettina
11:00 - 12:15	Yoga	Studio 2	Katie
12:30 - 13:00	Spin Express	Spinning Studio	YMCA Staff
14:45 - 15:15	Virtual Spinning	Spinning Studio	
16:05 - 16:50	Virtual RPM	Spinning Studio	
17:30 - 18:00	Virtual Spinning	Spinning Studio	
18:00 - 19:00	Body Pump	Studio 2	YMCA Staff
18:15 - 19:00	Virtual RPM	Spinning Studio	