

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 12/08/2024

### Times for Sunday 18 August



Time	Session	Facility	Instructor
08:15 - 09:00	Virtual RPM	Spinning Studio	
09:15 - 10:30	Yoga	Studio 2	Elizabeth
10:30 - 11:15	Virtual RPM	Spinning Studio	
10:30 - 11:30	MASH-UP 60	Sports Hall	YMCA Staff
12:30 - 13:00	Virtual Spinning	Spinning Studio	
14:00 - 14:45	Virtual RPM	Spinning Studio	
15:15 - 15:45	Virtual Spinning	Spinning Studio	