

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 14/08/2024

### Times for Tuesday 20 August



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