

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 22/08/2024

### Times for Wednesday 28 August



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Spinning	Spinning Studio	
07:00 - 07:45	Spinning	Spinning Studio	Staci
07:30 - 08:00	Virtual Spinning	Spinning Studio	
08:30 - 09:00	Virtual Spinning	Spinning Studio	
09:15 - 10:15	Body Pump	Studio 2	YMCA Staff
09:30 - 10:15	Virtual RPM	Spinning Studio	
10:45 - 12:00	Yoga	Studio 2	Katie
11:00 - 12:00	Music and Movement	Sports Hall	YMCA Staff
12:30 - 13:00	Spin Express	Spinning Studio	Staci
14:45 - 15:15	Virtual Spinning	Spinning Studio	
16:05 - 16:50	Virtual RPM	Spinning Studio	
17:15 - 17:45	Virtual Spinning	Spinning Studio	
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
19:15 - 19:45	Virtual Spinning	Spinning Studio	