

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 14/09/2024

### Times for Monday 9 September



| 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       |
| 10:45 - 12:15 | Yoga                 | Studio 2                | Katie         |
| 12:30 - 13:00 | Spin Express         | Sports Hall             | Shaun         |
| 13:15 - 14:30 | Tai Chi              | Studio 2                | Elizabeth     |
| 14:30 - 15:30 | Chair Based Exercise | Studio 1                | Lucie Marsh   |
| 17:30 - 18:15 | Body Pump            | Studio 2                | -             |
| 17:30 - 18:30 | SPIN-60              | Spinning Studio         | Mike          |
| 18:00 - 18:30 | Synergy H.I.I.T      | Y:Active Fitness Studio | Cam           |
| 18:30 - 19:00 | Synergy abs + core   | Y:Active Fitness Studio | Cam           |
| 18:30 - 19:15 | Body Combat          | Studio 2                | Louise        |