

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 14/09/2024

### Times for Sunday 15 September



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