

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 14/09/2024

### Times for Tuesday 17 September



| 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         |            |
| 12:30 - 13:00 | H.I.I.T             | Y:Active Fitness Studio | YMCA Staff |
| 14:30 - 15:00 | Virtual Spinning    | Spinning Studio         |            |
| 16:05 - 16:50 | Virtual RPM         | Spinning Studio         |            |
| 17:15 - 18:00 | SPIN-45             | Spinning Studio         | Shaun      |
| 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    |