

Lytham Adult Classes and Activities

Ymca (Lytham)

Accurate as of 14/09/2024

Times for Friday 20 September



Time	Session	Facility	Instructor
06:15 - 06:45	Virtual Spinning	Spinning Studio	
07:00 - 07:45	Virtual RPM	Spinning Studio	YMCA Staff
08:30 - 09:00	Virtual Spinning	Spinning Studio	
09:30 - 10:15	Virtual RPM	Spinning Studio	
09:30 - 10:30	MIX-IT 45	Sports Hall	YMCA Staff
10:30 - 12:00	Yoga	Studio 2	-
11:00 - 11:45	Low Impact Circuits	Sports Hall	Bettina
11:00 - 11:45	Virtual RPM	Spinning Studio	
12:30 - 13:00	Spin Express	Spinning Studio	YMCA Staff
14:30 - 15:00	Virtual Spinning	Spinning Studio	
16:05 - 16:50	Virtual RPM	Spinning Studio	
17:00 - 17:45	Kettle Conditioning	Y:Active Fitness Studio	Cam
17:30 - 18:00	Virtual Spinning	Spinning Studio	
18:00 - 19:00	Body Pump	Studio 2	YMCA Staff
18:15 - 19:00	Virtual RPM	Spinning Studio	
19:15 - 20:00	Stretch & Core	Studio 2	Cam