

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 15/09/2024

### Times for Saturday 21 September



Time	Session	Facility	Instructor
08:15 - 09:00	Virtual RPM	Spinning Studio	
08:15 - 09:15	Bodypump't	Studio 2	Bettina
09:30 - 10:15	Virtual RPM	Spinning Studio	YMCA Staff
09:30 - 10:30	Pilates	Studio 2	
11:00 - 11:30	Virtual Spinning	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	