

Lytham Adult Classes and Activities

Ymca (Lytham)

Accurate as of 16/09/2024

Times for Sunday 22 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 | |