

# Lytham Adult Classes and Activities

## Ymca (Lytham)

Accurate as of 22/12/2024

### Times for Thursday 19 December



Time	Session	Facility	Instructor
06:15 - 07:00	Virtual RPM	Spinning Studio	
07:00 - 07:45	BURN 45	Sports Hall	Shaun
07:30 - 08:00	Virtual Spinning	Spinning Studio	
08:30 - 09:00	Virtual Spinning	Spinning Studio	
09:15 - 10:15	Tai Chi	Studio 2	Elizabeth
09:30 - 10:15	Virtual RPM	Spinning Studio	
10:30 - 11:30	Body Blitz	Studio 2	
11:00 - 11:45	Virtual RPM	Spinning Studio	
11:00 - 12:00	Music and Movement	Sports Hall	YMCA Staff
11:45 - 12:45	Pilates	Studio 2	YMCA Staff
12:30 - 13:00	Virtual Spinning	Spinning Studio	
12:30 - 13:00	H.I.I.T	Sports Hall	Shaun
14:30 - 15:00	Virtual Spinning	Spinning Studio	
16:05 - 16:50	Virtual RPM	Spinning Studio	
17:30 - 18:30	SPIN-60	Spinning Studio	Mike
18:00 - 19:00	Body Pump	Studio 2	YMCA Staff
19:15 - 19:45	Virtual Spinning	Spinning Studio	
19:45 - 20:00	Stretch & Core	Studio 2	Bettina