

YMCA Sport Relief Events Timetable

YMCA Health & Fitness Centre	Sport Relief Activity	Date	Time
YMCA Fleetwood	Sport Relief Swimathon 2016	Sunday 20th March	First session 9.00am Second session 6.00pm
	Fancy Dress Spinning	Saturday 19th March	9.15am
	Fancy Dress Super Synergy	Saturday 19th March	10.00am
	Fancy Dress Body Combat	Saturday 19th March	10.30am
	Fancy Dress Metafit	Saturday 19th March	11.15am
	Fancy Dress Synergy	Saturday 19th March	11.45am
YMCA Thornton	Sport Relief Mile	Sunday 20th March	11.30am
	Sport Relief Super Spartan	Saturday 19th March	11.00am—12.00noon
YMCA Bowl, Inside YMCA Thornton.	Over 50's fancy dress 'Bowl A Mile'	Friday 18th March	10.00am
YMCA Kirkham	Sport Relief Swimathon	Friday 18th March & Sunday 20th March	Friday session 10.00am Sunday session 9.00am
	Challenge the Gym Staff	Monday 14th March—Sunday 20th March	
YMCA Poulton	Sport Relief Bake Off	Friday 18th March	9.00am—12.00noon
	Run, Cycle Swim A Mile	Friday 18th March	6.30am—1.15pm 4.30pm—6.00pm
	Fancy dress Spinning	Friday 18th March	9.30am—10.30am
	Fancy dress Body Combat	Friday 18th March	11.15am—11.45am
	Fancy dress Zumba	Friday 18th March	11.45am—12.30pm
	Fancy dress Pilates	Friday 18th March	12.30pm—1.30pm
	Fancy dress Spinning	Friday 18th March	6.30pm—7.15pm
YMCAS St Annes	Bike Challenge in reception area	Friday 18th March	9.00am—7.30pm
	Sport Relief Spinning with Jackie	Friday 18th March	8.00am-8.45am
	Sport Relief Spinning with Julie	Friday 18th March	9.00am-9.45am
	Spinathon with Mike Harrison & Sean Dickinson (3x 30 minute classes)	Saturday 19th March	12.30pm—2.00pm
YMCA St Annes Pool	Themed Aqua Aerobics (Aqua Fit)	Friday 18th March	12.30pm—1.15pm
YMCA Lytham	Bike Challenge	Saturday 19th March	All day
YMCA Garstang	Fancy Dress Zumba	Friday 18th March	11.00am
YMCA Ansdell	Bleep Test	Saturday 19th March	11.00am—12.00pm