

SPORTS HALL TIMETABLE

Monday

Time	Class	Instructor
07:00-08:00	Indoor Boot Camp	Maya
11:00-11:45	Circuit	Carl R
12:30-13:30	Circuit	Steve R
17:15-18:30	Badminton	
18:30-19:30	Circuit	Graham
19:30-20:30	Fitness Challenge	Paul

Tuesday

Time	Class	Instructor
07:00-07:30	5 A-Side	
07:30-09:00	Badminton	
11:15-12:15	Oakwood Academy	Commuinty
12:30-13:15	Circuit	Steve R
13:30-14:30	Oawood Academy	Community
17:00-18:45	Wrestling	Dale
17:30-18:15	Circuit	Dave G
18:30-19:30	Complete Core Circuit	Luke
19:30-20:30	Basketball Coaching	Jonathan
20:30-21:30	Basketball Team Training	Jonathan

Wednesday

Time	Class	Instructor
07:30-09:00	Badminton	
09:15-10:15	Oakwood Academy	Community
10:30 - 11:30	Buggy Bootcamp	Sports Staff
11:00-12:00	Circuit	Carl
16:30-17:30	Jr Trampolining	Keith/Jenny
17:00-18:30	Badminton	
18:30-19:30	Circuit	Ken
19:45-20:30	Rope Circuit	John/Paul
20:30-21:30	Netball	Sammy

Thursday

Time	Class	Instructor
07:00-08:00	Indoor Boot Camp	Maya
09:15-10:15	Oakwood Academy	Community
12:30-13:30	Circuit	Carl R
17:00-18:45	Wrestling	Amir
17:30-18:30	Badminton	
18:30-19:30	Boot Camp Circuit	Luke
19:45-20:30	Basketball Coaching	Jonathan
20:30-21:30	Basketball Tream Training	Jonathan

Friday

Time	Class	Instructor
07:00-07:30	5 A-Side	
07:30-09:00	Badminton	
11:15-12:15	Oakwood Academy	Community
12:30-13:30	Rocky Circuit	Pete
16:00-17:00	Tough & Rough	Carl R
17:00-18:00	5 A-Side	Greg
18:15-19:30	Circuit	Dave G
19:30-21:30	Badminton	

Saturday

Time	Class	Instructor
10.00-12.00	Junior Y	Jeff
11:00-12:45	Junior Wrestling	Dale
12.30-13.30	Jnr Trampolining	Keith/Jenny
13.00-15.00	Wrestling	Dale
15.00-17.00	Basketball	Arthur
17.30-18.30	Ultimate Circuit	Paul/John

Sunday

Time	Class	Instructor
10:30-13:30	Badminton	
13:30-15:00	Volleyball Club Training	Arek
15:00-16:30	Volleyball Go Spike Open Session	Arek
16:30-17:45	Mavericks Wheelchair Basketball	

Fitness / Fat Burning - Relaxation / Low Intensity
Toning - Junior Y - Sports Sessions
Sports Clubs - Pool



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NEW