



# DANCE STUDIO / POOL TIMETABLE

| Time             | Class                        | Instructor   |
|------------------|------------------------------|--------------|
| <b>MONDAY</b>    |                              |              |
| 06:15-07:00      | Spin                         | Mark         |
| 09:15-10:30      | Iyenger Yoga                 | Michael      |
| 10:00 - 12:00    | Puddle Ducks                 | Private Hire |
| 10:30-11:30      | Pilates                      | Danielle     |
| 17:45-18:30      | Body Blast                   | Debbie       |
| 18:30-19:30      | <b>INSANITY</b>              | Greg         |
| 19.30-20.30      | Muay Thai Boxing             | Desmond      |
| 20:30-21:30      | Judo                         | Martin       |
| <b>TUESDAY</b>   |                              |              |
| 07:30-08:00      | HIIT                         | Sports Staff |
| 10:00-10:45      | Young @ Heart                | Amanda       |
| 11:00-11:45      | Aqua Aerobics                | Amanda       |
| 12:30-13:15      | <b>LES MILLS BODYBALANCE</b> | Elaine       |
| 17:55-18:25      | <b>metafit</b>               | Rich/Maya    |
| 18:30-19:15      | Spin Circuit                 | Maya         |
| 19:15-20:00      | <b>ZUMBA</b>                 | Elaine       |
| 20:00-21:00      | Yoga                         | Val          |
| <b>WEDNESDAY</b> |                              |              |
| 06:15-07:00      | Spin                         | Gavin        |
| 07:00-08:00      | Kettlebells                  | Reece        |
| 18:00-18:30      | Skipping                     | Andy         |
| 18:30-19:30      | Boxing                       | Andy         |
| 18:30 - 20:00    | Adult Swim Lessons           | Debbie       |
| 19:30-20:00      | <b>metafit</b>               | Sports Staff |
| 20:00-21:30      | Vinyasa Yoga                 | Chandra      |

| Time            | Class                   | Instructor   |
|-----------------|-------------------------|--------------|
| <b>THURSDAY</b> |                         |              |
| 07:00-08:00     | Fitness Swim            | Chris        |
| 07:00-08:00     | Yogalates               | Lisa J       |
| 10:00-10:45     | Young @ Heart           | Amanda       |
| 10:45-12:00     | Iyenger Yoga            | David R      |
| 11:00-11:45     | Aqua Aerobics           | Amanda       |
| 12:45-13:15     | Piloga                  | Angelica     |
| 17:55-18:40     | Kettlebells             | Sports Staff |
| 18:45-19:30     | <b>ZUMBA</b>            | Elaine       |
| Meet 18:30      | Harriers                | Hannah/Mark  |
| 19:30-20:30     | Muay Thai Boxing        | Desmond      |
| 20:30-21:30     | Beginners Yoga          | Lauren       |
| <b>FRIDAY</b>   |                         |              |
| 07:00-07:45     | Spin                    | Robin        |
| 10:00-12:00     | Puddle Ducks            | Private Hire |
| 12:30-13:00     | Kettlebells             | Sports Staff |
| 17:00-17:30     | <b>metafit</b>          | Sports Staff |
| 17:30-18:30     | Power Yoga              | Robin        |
| 18:30-20:00     | Iyenger Yoga            | David        |
| 20:00-21:30     | Judo                    | Martin       |
| <b>SATURDAY</b> |                         |              |
| 10:00-11:00     | Junior Judo             | Martin       |
| 09:30-12:00     | Child Swim Lessons      | Debbie       |
| 11:10-12:00     | Y Club Mash Up          | Sports Staff |
| 13:00-13.45     | <b>ZUMBA</b>            | Sarah L      |
| 14:00-15:00     | Yogalates               | Lisa J       |
| <b>SUNDAY</b>   |                         |              |
| 09:00 - 13:15   | Puddle Ducks            | Private Hire |
| 11:30-12:00     | <b>metafit</b>          | Sports Staff |
| 12:00-13:00     | Family Martial Arts     | Steve        |
| 13:00-14.30     | Free Style Martial Arts | Steve        |
| 15:00-16:30     | Beginners Yoga          | Suzanne      |

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Opening Times  
 Mon-Fri 6am - 10pm  
 Saturday 8am - 7pm  
 Sunday 8am - 6pm

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