



DANCE STUDIO / POOL TIMETABLE

Time	Class	Instructor
MONDAY		
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	HIIT Bootcamp	Sports Staff
19.30-20.30	Muay Thai Boxing	Desmond
20:30-21:30	Judo	Martin
TUESDAY		
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	LESMILLS BODYBALANCE	Elaine
17:55-18:25	metafit	Sports Staff
18:30-19:15	Spin	Sports Staff
19:15-20:00	ZUMBA FITNESS	Elaine
20:00-21:00	Yoga	Val
WEDNESDAY		
06:15-07:00	Spin	Gavin
07:15-08:00	Kettlebells	Sports Staff
18:00-18:30	Skipping	Andy
18:30-19:30	Boxing	Andy
18:30 - 20:00	Adult Swim Lessons	Debbie
19:30-20:00	metafit	Sports Staff
20:00-21:30	Vinyasa Yoga	Chandra

Time	Class	Instructor
THURSDAY		
07:00-08:00	Fitness Swim	Chris
07:00-08:00	Yoga	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	ZUMBA FITNESS	Elaine
Meet 18:30	Harriers	Hannah/Mark
19:30-20:30	Muay Thai Boxing	Desmond
20:30-21:30	Beginners Yoga	Lauren
FRIDAY		
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	metafit	Sports Staff
17:30-18:30	Power Yoga	Robin
18:30-20:00	Iyenger Yoga	David
20:00-21:30	Judo	Martin
SATURDAY		
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	ZUMBA FITNESS	Sarah L
14:00-15:00	Yoga	Lisa J
SUNDAY		
09:00 - 13:15	Puddle Ducks	Private Hire
11:30-12:00	metafit	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



The Y Club, Liverpool
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Opening Times
 Mon-Fri 6am - 10pm
 Saturday 8am - 7pm
 Sunday 8am - 6pm



@YClubManchester



YClub Manchester

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



SPORTS HALL TIMETABLE

Time	Class	Instructor
MONDAY		
07:00-08:00	Indoor Boot Camp	Sports Staff
12:30-13:30	Circuit	Sports Staff
13:30-14:30	Oakwood Academy	Community
17:15-18:30	Badminton	
18:30-19:30	Circuit	Graham
19:30-20:30	Fitness Challenge	Paul
TUESDAY		
07:00-07:30	5 A-Side	
07:30-09:00	Badminton	
10:15-11:15	Education	Community
11:15-12:15	Oakwood Academy	Community
12:30-13:30	Circuit	Sports staff
13:30-14:45	Oakwood Academy	Community
17:30-19:30	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		
07:30-09:00	Badminton	
09:15-10:15	Oakwood Academy	Community
10:15-11:15	Education	Community
13:45-14:15	Education	Community
12:30-13:00	metafit	Sports Staff
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

NEW LOCATION

Time	Class	Instructor
THURSDAY		
07:00-08:00	Indoor Boot Camp	Sports staff
09:15-10:15	Oakwood Academy	Community
11:15-12:15		
12:30-13:30	Circuit	Jim
17:30-19:30	Wrestling	
17:30-18:30	Badminton	
18:30-19:30	Boot Camp Circuit	Luke
19:30-20:30	Basketball Coaching	Jonathan
20:30-21:30	Basketball Team Training	Jonathan
FRIDAY		
07:00-07:30	5 A-Side	
07:30-09:00	Badminton	
9:15-10:15	Oakwood Academy	Community
10:15-11:15	Education	Community
11:15-12:15	Oakwood Academy	Community
12:30-13:30	Rocky Circuit	Pete
13:45-14:15	Education	Community
16:00-17:00	Tough & Rough	
17:00-18:00	5 A-Side	
18:15-19:30	Circuit	Dave G
19:30-21:30	Badminton	
SATURDAY		
10.00-12.00	Junior Y	
11:00-12:45	Junior Wrestling	Dale
12.30-13.30	Jnr Trampolining	Keith/Jenny
13.30-15.00	Wrestling	Dale
15.00-14.00	Basketball Coaching	Artur
16:00-17:00	Basketball Team Training	Artur
17.30-18.30	Ultimate Circuit	Paul/John
SUNDAY		
10:30-13:30	Badminton	
13:30-15:00	Volleyball Club Training	Arek
15:00-16:30	Volleyball Go Spike Open Session	Arek

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