



SPORTS HALL TIMETABLE

Time	Class	Instructor
MONDAY		
06:15-07:00	Circuit	Chris
07:00-08:00	Indoor Boot Camp	Reece
09:15-10:15	Oakwood Academy	Community
12:30-13:30	Functional Fitness Class	Reece
13:30-14:15	Education	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	
09:15-10:15	Oakwood Academy	Community
10:15-10:45	Education	Community
12:30-13:30	Functional Fitness Class	Maya/Roz
13:30-14:15	Education	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		
06:15-07:00	Circuit	Chris
07:30-09:00	Badminton	
09:15-10:15	Oakwood Academy	Community
10:15-10:45	Education	Community
12:30-13:00	metafit.	Reece
13:30-14:15	Education	Community
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		
07:00-08:00	Indoor Boot Camp	Maya
09:15-10:15	Oakwood Academy	Community
10:15-11:00	Education	Community
11:00-12:00	Oakwood Academy	Community
12:30-13:30	Circuit	Jim
13:30-14:30	Oakwood Academy	Community
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		
06:15-07:00	Circuit	Chris
07:00-07:30	5 A-Side	
07:30-09:00	Badminton	
9:15-10:15	Oakwood Academy	Community
10:15-10:45	Education	Community
11:15-12:15	Oakwood Academy	Community
12:30-13:30	Rocky Circuit	Pete
13:30-14:15	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