



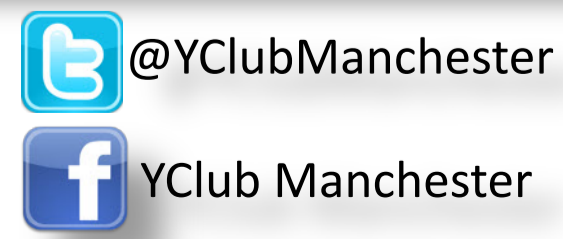
# DANCE STUDIO / POOL TIMETABLE

| Time             | Class                | Instructor   |
|------------------|----------------------|--------------|
| <b>MONDAY</b>    |                      |              |
| 07:00-07:30      | Spin                 | Mark         |
| 08:00-09:00      | Iyenger Yoga         | Michael      |
| 10:00 - 12:00    | Puddle Ducks         | Private Hire |
| 10:30-11:30      | Pilates              | Danielle     |
| 12:30-13:00      | Fit Bands            | Maya         |
| 17:00-17:45      | Spin                 | Greg         |
| 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                 | Reece        |
| 10:00-10:45      | Young @ Heart        | Katarzyna    |
| 11:00-11:45      | Aqua Aerobics        | Katarzyna    |
| 17:55-18:25      | <b>metafit</b>       | Rich/Maya    |
| 18:30-19:15      | Spin Circuit         | Maya         |
| 19:15-20:00      | <b>ZUMBA</b> FITNESS | Elaine       |
| 20:00-21:00      | Yoga                 | Val          |
| <b>WEDNESDAY</b> |                      |              |
| 06:15-07:00      | Spin                 | Gavin        |
| 07:00-08:00      | Kettlebells          | Reece        |
| 12:30-13:00      | <b>metafit</b>       | Rich/Maya    |
| 17:30-18.30      | Salsa                | Mo           |
| 18:30-19:15      | Bikini Body Tone     | Sarah L      |
| 18:30 - 19:30    | Adult Swim Lessons   | Debbie       |
| 19:15-20:00      | <b>ZUMBA</b> FITNESS | Sarah L      |
| 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           | Angelica     |
| 10:45-12:00     | Iyenger Yoga            | David R      |
| 11:00-11:45     | Aqua Aerobics           | Angelica     |
| 12:15-12:45     | HIT THE CORE            | Maya         |
| 17:55-18:25     | <b>metafit</b>          | Rich         |
| 18:30-19:00     | Kettlebells             | Reece        |
| Meet 18:30      | Harriers                | Hannah/Mark  |
| 19:00-20:30     | 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     | Spin Blast              | Jim          |
| 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       |
| 13.00-13.45     | <b>ZUMBA</b> FITNESS    | Sarah L      |
| 14:00-15:00     | Yogalates               | Lisa J       |
| <b>SUNDAY</b>   |                         |              |
| 09:00 - 13:15   | Puddle Ducks            | Private Hire |
| 12:00-13:00     | Family Martial Arts     | Steve        |
| 13:00-14.30     | Free Style Martial Arts | Steve        |
| 15:00-16:A530   | Beginners Yoga          | Suzanne      |



The Y Club, Liverpool Road, Castlefield,  
Manchester, M3 4JR  
T: 0161 837 3535 E: info@yclub.org.uk



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