

# FEBRUARY SPORTS HALL TIMETABLE

## Monday

Time	Class	Instructor
09:30-10:30	Salford Schools	Sarah Mc
12:30-13:30	Circuit	Steve R
17:15-18:30	Badminton	Dennis
18:30-19:30	Circuit	Graham
19:30-20:30	Fitness Challenge	Paul

## Tuesday

Time	Class	Instructor
07:30-08:15	Fit Challenge	Mark
07:00-07:30	5 A-Side	
07:30-09:00	Badminton	Dennis
12:30-13:15	Circuit	Steve R
17:00-18:45	Wrestling	Vahid
17:30-18:15	Circuit	Dave G
18:30-19:30	Fitness Challenge	John
19:30-21:30	Basketball Club	Jonathan

## Wednesday

Time	Class	Instructor
07:00-09:00	Badminton	Dennis
09:30-10:30	Salford Schools	Sarah Mc
12:30-13:15	Rocky Circuit	Pete
13:30-15:00	Salford Schools	Sarah Mc
16:30-17:30	Jr Trampoline	Keith
18:30-19:30	Circuit	Ken
19:45-20:30	Rope Circuit	John/Paul

## Thursday

Time	Class	Instructor
07:30-08:15	Fitness Challenge	Mark
10:00-11:00	Salford Schools	Sarah Mc
12:30-13:30	Circuit	Sarah Mc
17:00-18:45	Wrestling	Vahid
17:30-18:30	Badminton	Dennis
18:45-19:45	Boot Camp Circuit	Rich
19:45-21:30	Basketball Club	Jonathan

## Friday

Time	Class	Instructor
07:00-07:30	5 A-Side	
07:30-09:00	Badminton	Dennis
12:30-13:30	Circuit	Matt
14:00-16:00	Abbey College	
16:00-17:00	Rough & Tough Circuit	Carl
17:00-18:00	5 A-Side	Greg
18:15-19:30	Circuit	Dave G
19:30-21:30	Badminton	Dennis

## Saturday

Time	Class	Instructor
12:30-13:30	Jr Trampoline	Keith
13:00-15:00	Wrestling	Dale
17:30-18:30	Ultimate Circuit	John/Paul

## Sunday

Time	Class	Instructor
11:00-14:00	Badminton	Dennis
14:00-16:00	Volleyball Club	Eid
16:00-17:45	Mavericks Basketball	Josie

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

Opening Times:

Mon-Fri 6am - 10pm

Saturday 8am - 7pm

Sunday 8am - 6pm

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