

Old Trafford Sports Barn

Provisional Programme

Autumn 2006

MONDAY

TWIST - Ladies Badminton	11.30 am - 1.00pm
Football Coaching - Manchester United	4.00pm - 5.30pm
Street Dance	5.30pm - 6.15pm
Body Conditioning	6.15pm - 7.00pm
Yoga	6.00pm - 7.00pm

TUESDAY

Aerobics/Bums & Tums	11.00 am - 12.00
Badminton	12.00 - 1.00pm
Ladies only night - Badminton, netball, Brazilian body sculpt etc.	5.30pm - 8.30pm

WEDNESDAY

After School Club - various activities	5.00pm - 6.00pm
Futsal Male League	8.00pm - 10.00pm

THURSDAY

Aerobics	1.00pm - 2.00 pm
Basketball	5.30pm - 6.30pm
Volleyball	8.30pm - 10.00pm

FRIDAY

TWIST - Ladies Badminton	10.00 am - 12.00pm
gnr8 - multi sports activities 11 years +	6.00pm - 8.00 pm

SATURDAY

Football Coaching - Manchester United	11.00 am - 12.30pm
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SUNDAY

Family Fun Session - Various activities	1.00 pm - 3.00pm
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**Casual usage & block bookings available
for sports hall and outdoor 3G astro pitches**

Football . Netball . Volleyball . Basketball . Futsal . Kwik Cricket . Badminton
For more information call 0161 873 7335

Session Guides >>

TWIST

Trafford Women in Sport Today

Women's only sessions,
led by women instructors.
Available for all ages.

Various activities available

For more details contact
Jenny on
07793981053

Futsal Male League

Wednesdays
8-9pm Active
workforce league
9-10pm Sports Barn
football league -
register your
team

MUFC

Football Coaching

6-14 year olds

Football development for
Kids by Manchester United
Football coaches

Only £1 a session

After School Club

8-16 year olds

Loads of activities including
soccer, badminton,
basketball, volleyball

All lead by qualified
instructors

Only 50p a session

Old Trafford Sports Barn

Seymour Park . Old Trafford
Manchester. M16 9PQ

0161 873 7335

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