



Yorebridge Sport & Fitness Classes 2011



Mon: 6.30-7.30pm Box Fit



Wed: 6.30-7.30pm Circuit Training



Thur: 6.30-7.30pm Pilates



**Fri: 10.00-11.00am Gentle Exercise
7.00-8.00pm MUGA – Over 40's
Drop-in**



Football



**All classes are continually enrolling, please do
contact the office to check there are places
available.**



**The Yorebridge Sports Development Association Limited.
Company No. 5493687 Registered Charity No. 1126795**

Yorebridge Sport & Fitness (YSF) is the corporate brand and is managed by the YSDA Ltd
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