

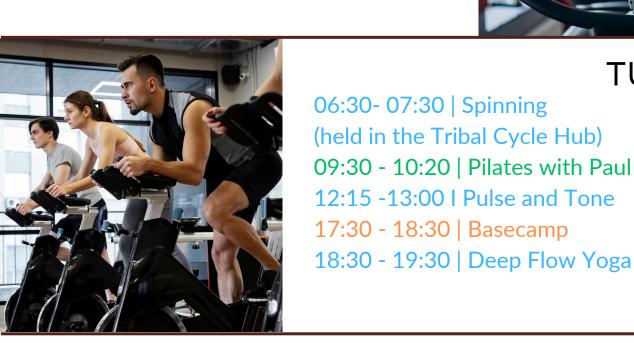
#### **BLUE:**

Sessions are included with Adult, Adult Saver, Family and Couples membership categories held mainly in the sports hall and are free of charge. Members should email gary@odfcfitness.com specifying their membership type to register and will be sent a link to book. The system allows you to book 1 session a day, everyday, 7 days in advance.

\*HIIT and run sessions are in 2 x 30 minute blocks. The 30 min HIIT session starts first in the sports hall and is followed by a 30 minute cardio/run/walking session outside. Members are welcome to just attend the HIIT session or can do both.

## MONDAY

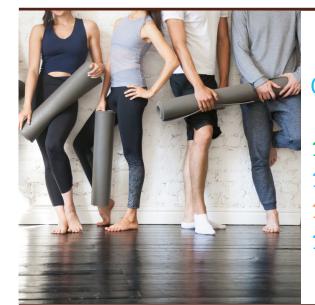
- 06:15 07:00 | Ultimate Group Fitness
- 07:00 07:45 | Ultimate Group Fitness
- 09:00 10:00 | Circuits
- 12:05 13:00 | Strength & Conditioning
- 12.00 12.45 | Basecamp
- 18:30 -19:30 | 30 min HIIT and run \*



## WEDNESDAY

06:30-07:15 -Ultimate Group Fitness 9:30 - 10:30 | Strength & Stretch 12.00 - 12.45 | Basecamp 18:15 - 19:00 | Strength & Stretch





### THURSDAY

06:15 - 07:00 | Ultimate Group Fitness
07:00 - 07:45 | Ultimate Group Fitness
10:45 - 11:45 | Pilates
12:00 - 12:45I Pulse and Tone
17:30 - 18:30 | Basecamp
18:30 - 19:30 | Pilates (held on a squash court)



TUESDAY

#### **GREEN**:

Classes are included in the Adult, Adult Saver, family and couples membership categories free of charge. They are held in the Sports Hall. Book a place on

www.northumberlandclub.org/coaching, non- members can pay on line.

All participants should book ahead to guarantee a place. Scan the QR code below and use the filter to choose 'Adult' and 'Fitness'.

### WHAT TO DO

Book a place, bring a water bottle and a towel

If attending a class in the Sports Hall wear non-marking shoes to protect the courts We have a number of spare mats should you forget yours!

## FRIDAY

06:30 - 07:15 | Ultimate Group Fitness 10:00 - 11:00 | Basecamp 12:05 - 13:00 | Strength & Conditioning with Paul 17:00 -18:00 | 30 min HIIT and Run\* 17:30 - 18:15 | Basecamp





# SATURDAY

07:00 - 08:00 | Fight Fit (Boxercise)



# SUNDAY

16:00 - 17:00 - Slow Down Yin Yoga (ODFC) (Held in the main hall)



# APRIL - MAY 2024 starts w/c 22nd April