



THE NORTHUMBERLAND CLUB WEEKLY TIMETABLE

	Activity	Strength & Conditioning	Legs, Bums and Tums	Mixed Social Tennis	U3A Short Tennis	Basecamp	Youth Blue Tennis	Squash Junior Performance	Youth Red Tennis	Youth Orange Tennis	Adult Beginner Tennis	Junior Badminton	Badminton Adult Clubplay			
	Time	6.30am	9am	10am	11am	12pm ODFC	3.45pm	4.15pm	4.15pm	4.15pm	6pm	7pm	8pm -10pm			
	Location	Sports Hall	Squash 4	Courts 7, 8 & 9	Sports Hall	Outdoor	Sports Hall	Courts 4 & 5	Sports Hall	Courts 7, 8 & 9	Courts 7, 8 & 9	Sports Hall	Sports Hall			
MONDAY	Instructor	ODFC	Gillian Kelliher	Chris Whittle	Group	ODFC	Henderson	Dave Barnett	Henderson	Ben Holroyd	John Boden	Gilhooley	Marilyn McCluskie			
	Activity	Spinning	Basecamp	Toddler Tennis	Ladies Only Racketball	U3A Ping Pong	Doubles Drills	Youth Blue Tennis	Youth Red Tennis	Youth Orange Tennis	Youth Green Tennis	Youth Yellow Tennis	Adult Improvers Tennis	Yoga	Racketball Club Play	Men's Team Practice
	Time	6.30am	10am	10.30am	11am	11am	11am	3.45pm	4.15pm	4.15pm	4.15pm	5pm	6pm	6.30pm	6.30pm	7pm-9pm
	Location	Sports Hall	ODFC Outdoor	Sports Hall	Court 1	Sports Hall	Courts 7, 8 & 9	Sports Hall	Sports Hall	Courts 7, 8 & 9	Courts 1, 2 & 3	Courts 7, 8 & 9	Courts 7, 8 & 9	Sports Hall	Court 1	Courts 7, 8 & 9
TUESDAY	Instructor	ODFC	ODFC	John Boden	Mike Paul	Group	Henderson	Henderson	Henderson	Henderson	Ben Holroyd	Henderson	Henderson	ODFC	Barnett	Chris Whittle
	Activity	Regans Regains	Rusties	Pickleball Club Play	Basecamp	Youth Blue Tennis	Youth Red Tennis	Youth Orange Tennis	Youth Green Tennis	Squash Junior Performance	Youth Yellow Tennis	Tennis Club Play	Adult Beginners/Rusties Badminton	Adult Squash Club Play	Adult Badminton Club Play	
	Time	6.30am	9.30am	10.30am - 12.30pm	12pm	3.45pm	4.15pm	4.15pm	4.15pm	4.15pm	5pm	6pm -9pm	7pm	7.15pm	8pm -10pm	
	Location	Sports Hall	Courts 7, 8 & 9	Sports Hall	Outdoor	Sports Hall	Sports Hall	Courts 7, 8 & 9	Courts 10, 11 & 12	Courts 4 & 5	Courts 7, 8 & 9	Courts 7, 8 & 9	Sports Hall	Court 1	Sports Hall	
WEDNESDAY	Instructor	ODFC	Lynda Henderson	Group	ODFC	Henderson	Henderson	Henderson	Kelliher	Dave Barnett	Henderson	Ben Holroyd	Gilhooley	Barnett	Marilyn McCluskie	
	Activity	Strength & Conditioning	Mixed Social Tennis	Pilates	Spinning	Toddler Tennis	Youth Blue Tennis	Youth Red Tennis	Youth Orange Tennis	Youth Green Tennis	Youth Yellow Tennis	Adult Beginners Course	Circuit Breaker	Ladies Team Practice		
	Time	6.30am	9.15am	11am	12.15pm	2pm	3.45pm	4.15pm	4.15pm	4.15pm	5pm	6pm	6.30pm	7pm -9pm		
	Location	Sports Hall	Courts 7, 8 & 9	Sports Hall	Sports Hall	Sports Hall	Sports Hall	Sports Hall	Courts 7, 8 & 9	Courts 1, 2 & 3	Courts 7, 8 & 9	Courts 7, 8 & 9	Sports Hall	Courts 7, 8 & 9		
THURSDAY	Instructor	ODFC	Chris Whittle	ODFC	ODFC	John Boden	Henderson	Henderson	Ben Holroyd	John Boden	Jimmy Nelson	Gillian Kelliher	ODFC	Lynda Henderson		

