



THE NORTHUMBERLAND CLUB WEEKLY TIMETABLE

MONDAY

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	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	9	& 9	Sports Hall	Sports Hall
Instructor	ODFC	Gillian Kelliher	Chris Whittle	Group	ODFC	John Henderson	Dave Barnett	John Henderson	Ben Holroyd	John Boden	Brandon Gilhooley	Marilyn McCluskie

TUESDAY

Activity	Spinning	Spinning	Basecamp	Toddler Tennis	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	7.05am	10am	10.30am	11am	11am	3.45pm	4.15pm	4.15pm	4.15pm	5pm	6pm	6.30pm	6.30pm	7pm-9pm
Location	Sports Hall	Sports Hall	ODFC Outdoor	Sports Hall	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
Instructor	ODFC		ODFC	John Boden	Group	John Henderson	John Henderson	John Henderson	Lynda Henderson	Ben Holroyd	John Henderson	John Henderson	ODFC	Dave Barnett	Chris Whittle

WEDNESDAY

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	Junior Table Tennis	Adult Table Tennis	Tennis Club Play	Adult Beginners/Rusties Badminton	Adult Squash Club Play
Time	6.30am	9.30am	10.30am - 12.30pm	12pm	3.45pm	4.15pm	4.15pm	4.15pm	4.15pm	5pm	5pm-6pm	6pm-8pm	6pm -9pm	7pm	7.15pm
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	& 9	Sports Hall	Sports Hall	& 9	Sports Hall	Court 1
Instructor	ODFC	Lynda Henderson	Group	ODFC	John Henderson	John Henderson	Lynda Henderson	Gillian Kelliher	Dave Barnett	John Henderson	Barella	Barella	Ben Holroyd	Gilhooley	Barnett

THURSDAY

Activity	Strength & Conditioning	Mixed Social Tennis	Pilates	Toddler Tennis	Youth Blue Tennis	Youth Red Tennis	Youth Orange Tennis	Youth Green Tennis	Youth Yellow Tennis	Adult Beginners Course	Ladies Team Practice
Time	6.30am	9.15am	12noon	2pm	3.45pm	4.15pm	4.15pm	4.15pm	5pm	6pm	7pm -9pm
Location	Sports Hall	Courts 7, 8 & 9	Sports Hall	Sports Hall	Sports Hall	Sports Hall	Courts 7, 8 & 9	Courts 1, 2 & 3	Courts 7, 8 & 9	Courts 7, 8 & 9	Courts 7, 8 & 9
Instructor	ODFC	Chris Whittle	ODFC	John Boden	John Henderson	John Henderson	Ben Holroyd	John Boden	Jimmy Nelson	Gillian Kelliher	Lynda Henderson

