

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|--|
| Netball Development Sport Central 5-6pm | Wheelchair Basketball Sport Central 4-6pm | Cycling Exhibition park 1-3pm | Climbing Sport Central 3-5pm | Womens Football Coach Lane 5-6pm | Archery Coach Lane 1-2:30pm | Weightlifting Sport Central 11-12:30pm |
| Bouldering Climb Newcastle 5-8pm | Badminton Sport Central 4-6pm | Golf Parklands Golf Club 2-3pm | Cheerleading (Stunt) Lipman Gym 6-7pm | Archery Coach Lane 5-6:30pm | Judo Lipman Gym 4-5:30pm | Weightlifting Development Sport Central 12:30-2pm |
| Karate Lipman Gym 8:30-10pm | Boxing Womens Lipman Gym 5:30-7pm | Rowing Development Tyne United Rowing 2-4pm | Athletics Gateshead Stadium 6:30-8pm | MMA Lipman Gym 5:30-7:30pm | Gaelic Football Womens Coach Lane 3:30-4:30pm | Badminton Sport Central 1-3pm |
| | Back to Netball Sport Central 6-7pm | Powerlifting Sport Central 5-6pm | Judo Lipman Gym 7-8:30pm | Boxing Mens & Womens Lipman Gym 7:30-9pm | Gaelic Football Mens Coach Lane 4:30-5:30pm | Tennis Jesmond Lawn Tennis 4-5:30pm |
| | Athletics Gateshead International Stadium 6:30-8pm | MMA Lipman Gym 5-7pm | Korfball Sport Central 7:30-9:30pm | | | Cheerleading (Dance) Lipman Gym 5-8pm |
| | MMA Lipman Gym 7-9pm | Powerlifting Sport Central 6-8pm | Boxing Mens Lipman Gym 8:30-10pm | | | |
| | Touch Rugby Sport Central 7-8pm | Ultimate Frisbee Coach Lane 6-8pm | | | | |
| | Volleyball Upper Hall 7:30-9pm | Squash Beginners Sport Central 7-8pm | | | | |
| | Cheerleading Upper Hall 7:30-9:30pm | Karate Lipman Gym 7-8:30pm | | | | |
| | Gymnastics Benfield Gymnastics Club 8-9:30pm | Squash Development Sport central 8-9:30pm | | | | |

NORTH

CLUBS

2016-17 TIMETABLE