

North Clubs

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|--|--|
| Netball Development 5-6pm Sport Central | Wheelchair Basketball 4-6pm Sport Central | NU2 Golf (6 weeks) 2-3pm Parklands Golf Club | Climbing 3-5pm Sport Central | Womens Football 5-6pm Coach Lane | Rowing Development 8-10am and 10:30-12:30 Tyne United Rowing Club | Rowing Development 8-10am and 10:30-12:30 Tyne United Rowing Club |
| Karate 8:30-10pm Lipman Gym | Badminton 4-6pm Sport Central | Golf (with membership)* 2-3pm Parklands Golf Club | Swimming Development 4-5pm Sport Central | Archery 5-6:30pm Coach Lane | Archery 1-2:30pm Coach Lane | Olympic Weightlifting 11-12:30pm Sport Central |
| | Boxing Womens 5:30-7pm Lipman Gym | Rowing Development 2-4pm Tyne United Rowing Club | Cheerleading* (Stunt) 6-7pm Lipman Gym | MMA* 5:30-7:30 Lipman Gym | Powerlifting Group 2 3-5pm Sport Central | Olympic Weightlifting Development 12:30-2pm Sport Central |
| | Back to Netball 6-7pm Sport Central | NU 2 Rowing 2-4pm Tyne United Rowing Club | Rowing Development 6-8pm Tyne United Rowing Club | Hockey Super 6s 5:30-7:00pm Coach Lane | Judo 4-5:30pm Lipman Gym | Badminton 1-3pm Sport Central |
| | Rowing Development 6-8pm Tyne United Rowing Club | Rowing Development 2-4pm Tyne United Rowing Club | Athletics 6:30-8pm Gateshead Stadium | Rowing Development 7-8pm Sport Central | | Beginners Boxing (6 weeks) 3-4pm Lipman Gym |
| | Athletics 6:30-8pm Gateshead Stadium | Powerlifting Group 1 5-7pm Sport Central | Judo 7-8:30pm Lipman Gym | Boxing Mens & Womens 7:30-9pm Lipman Gym | | Tennis 4-5:30pm Jesmond Lawn Tennis |
| | MMA* 7-9pm Lipman Gym | MMA* 5-7pm Lipman Gym | Korfball 7:30-9:30pm Sport Central | | | Cheerleading* (Dance) 5-8pm Lipman Gym |
| | 02 Touch 7-8pm Sport Central | Ultimate 6-8pm Coach Lane | Boxing Mens 8:30-10pm Lipman Gym | | | |
| | Volleyball 7:30-9pm Sport Central | Squash Beginners 7-8pm Sport Central | Gaelic Football Mens 4:30-5:30pm Coach Lane | | | |
| | Cheerleading* 7:30-9:30pm Sport Central | Karate 7-8:30pm Lipman Gym | | | | |
| | Gymnastics 8-9:30pm Benfield Gymnastics Club | Squash Development 8-9:30pm Sport Central | | | | |