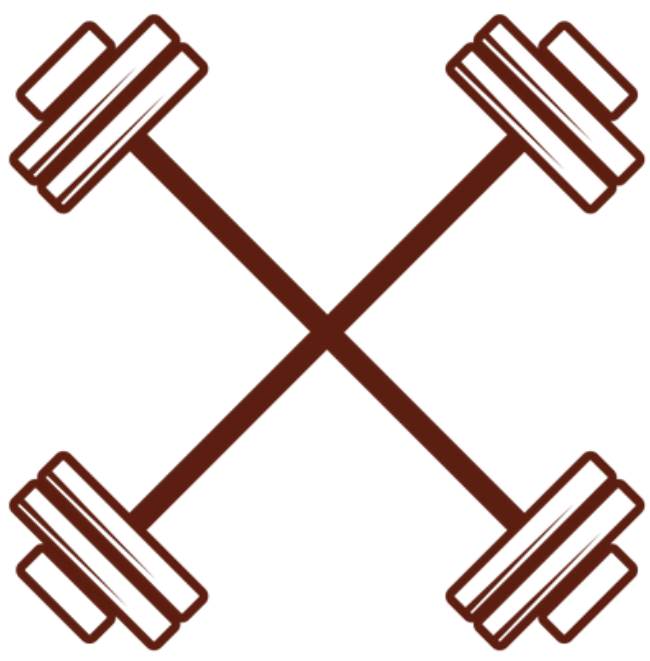


THE NORTHUMBERLAND CLUB



GET FIT  
STAY FIT

## DETAILS

Sessions without a \* are ODFC classes that are included in both the Adult and Adult Saver membership categories and take place in the sports hall.

Sessions with a \* are ODFC sessions not included in club membership. For all ODFC sessions please register online through ODFC or email [gary@odfcfitness.com](mailto:gary@odfcfitness.com). Classes are held at ODFC's onsite outdoor area.

Circuits has an additional cost, please ask at reception for details. These costs are based on your membership type.

## WHAT TO DO

Please wear non marking shoes to protect the courts and bring a water bottle.

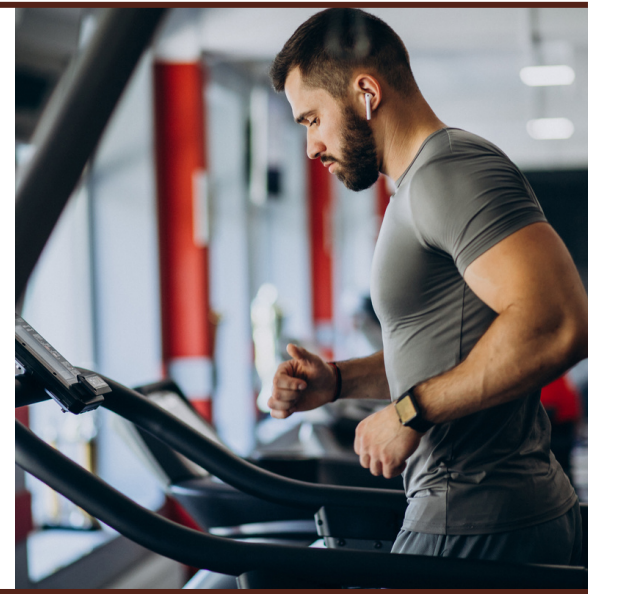
Discounted personal training available for any club member.

If you would like unlimited access to the ODFC programme, including Basecamp, this is available as a £24 top up on your monthly membership, payable to ODFC. To sign up, scan the QR code.



## MONDAY

06:30 - 07:15 | Strength & Conditioning  
09:00 - 10:15 | Circuits  
12.00 - 12.45 | Basecamp \*  
18:00-18:45 | Basecamp\*



## TUESDAY

06.15 - 07.00 | Spinning  
07:05 - 07:50 | Spinning  
10.00 - 10.45 | Basecamp\*  
18.30 - 19.30 | Yoga

## WEDNESDAY

06:30-07:15 | Regans Regains  
12.00-12.45 | Basecamp\*



## THURSDAY

06:30 - 07:15 | Strength & Conditioning

## FRIDAY

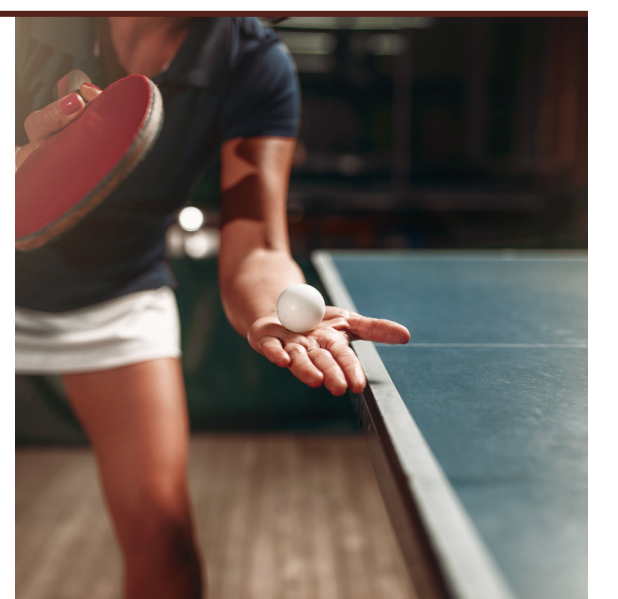
06:30 - 07:30 | Strength by Numbers  
10.00 - 11.00 | Basecamp\*



## SATURDAY

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

## SUNDAY



SIGN UP TODAY