

# SPORT @ GOSFORTH

Group exercise is a great way to improve fitness levels and meet new people so why not come along and give them a go – you will love it!

## Opening Times

	Fitness Suite	3G Pitch	Sport Hall
<b>Monday</b>	0700 - 2200	1800 - 2100	1700 - 2155
<b>Tuesday</b>	0700 - 2200	1800 - 2100	1700 - 2155
<b>Wednesday</b>	0700 - 2200	1800 - 2100	1700 - 2155
<b>Thursday</b>	0700 - 2200	1800 - 2100	1700 - 2155
<b>Friday</b>	0700 - 2200	1800 - 2100	1700 - 2155
<b>Saturday</b>	0900 - 1650	0900 - 1700	0900 - 1700
<b>Sunday</b>	0900 - 1650	1000 - 1700	1000 - 1700

### How to Book

For more information about any of our services or facilities, membership or classes contact Sport@Gosforth on 0191 255 9054

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## CLASS TIMETABLE

Please call **0191 255 9054** for all enquiries

## CLASS TIMETABLE

Day	Activity	Time	Venue	Duration
<b>Monday</b>	Ultimate Workout	0700	Fitness Suite	45mins
	Muscle Mix	1630	Sports Hall	45mins
	HIIT	1715	Gymnasium	45mins
	Zumba	1800	Gymnasium	60mins
	Spin	1800	Dance Studio	45mins
	Boxercise	1915	Gymnasium	60mins
	Iyengar Yoga	1930	Dance Studio	60mins
<b>Tuesday</b>	Spin (Muscle Mix from 09.10.18)	0700	Dance Studio	45mins
	Cardio Circuit	0930	Fitness Suite	45mins
	Pilates	1630	Dance Studio	60 mins
	Core Circuits	1730	Dance Studio	30 mins
	Tabata	1800	Dance Studio	30 mins
	Salsacise	1800	School Hall	45mins
	Powerhoop	1815	Gymnasium	45mins
	Spin Express	1830	Dance Studio	30mins
<b>Wednesday</b>	Spin (Muscle Mix from 09.10.18)	0700	Gymnasium	45mins
	Power Conditioning	1730	Gymnasium	45mins
	Zumba Step	1815	Gymnasium	45mins
	Body Tone	1900	Gymnasium	45mins
	Iyengar Yoga	1915	Dance Studio	45mins
<b>Thursday</b>	Spin	0700	Dance Studio	45mins
	Tabata	1630	Dance Studio	30mins
	Pilates	1700	Dance Studio	45mins
	Aero Attack	1730	Gymnasium	45mins
	Spin	1800	Dance Studio	45mins
	Pilates	1845	Dance Studio	45mins
	Strength Circuits	1900	Gymnasium	45mins
<b>Friday</b>	Metafit	0700	Gymnasium	45mins
	Aero Attack	1630	Gymnasium	45mins
	Ballet Fit	1715	Dance Studio	45mins
	Zumba	1800	Gymnasium	60mins
<b>Saturday</b>	Ultimate Workout	0800	Fitness Suite	45mins
	Pilates	0900	Gymnasium	60 mins
	Ultimate Spin	0900	Dance Studio	60mins
	Abs Blast	1000	Gymnasium	30mins
<b>Sunday</b>	Kettlebells	0900	Gymnasium	45mins
	Tabata	1000	Gymnasium	45mins



## Junior Timetable

Day	Activity	Time	Venue	Age	Contact
<b>Tuesday</b>	Junior Gym	1530 - 1630	Fitness Suite	11-15 yrs	
	Karate	1800	Sports Hall	6yrs+	07973620510
<b>Thursday</b>	Karate	1800	Sports Hall	6yrs+	07973620510
	Junior Gym	1530 - 1630	Sports Hall	11yrs+	
<b>Friday</b>	Rockstars Climbing Course	1700	Sports Hall	7yrs+	
	Eagles Basketball Coaching	1730	Sports Hall	14-18yrs	
	Family Badminton	1730	Sports Hall	4 yrs +	
	Junior Badminton	1830	Sports Hall	7yrs+	
<b>Saturday</b>	Taekwondo	1900	Gymnasium	6yrs +	
	Lee Sterry Football Coaching	0900	Sports Hall / 3G	3-14yrs	07729058119
	Karate	1030	Gymnasium	6yrs+	
	Junior Gym	1100 - 1200	Fitness Suite	11-15yrs	
<b>Sunday</b>	Junior Gym	1200 - 1300	Fitness Suite	11-15yrs	
	Rugby Tots	0900	Sports Hall	2 ½yrs +	0345 313 3257
	Little Stars Green	0900 - 0935	Dance Studio	2 ½yrs +	07870295972
	Little Stars Orange	0935 - 1010	Dance Studio	3-5yrs	
	Stardust	1015 - 1100	Dance Studio	5-7yrs+	
	Groovestars	1045 - 1215	Dance Studio	6-9yrs	
	Starbound	1145 - 1300	Dance Studio	10yrs+	
	Climbing Wall Course	1300-1400	Gymnasium	7+yrs	

Classes can be booked up to 6 days in advance.

Please give us at least 24 hours' notice should you need to cancel your place.

Non-members must pay for classes upon booking.

(£4.00 for 40 – 60 min Classes, £2.00 for 30 min classes). This is non-refundable.

Please call 0191 255 9054 for any enquiries

Some junior sessions run as a 6 week course and incur a course fee.  
Please call Sport@Gosforth on 0191 255 9054 for more information.