



NST TIMETABLE January 2020

Squad	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Notes	FEE
A	0530-0730 EELP	0530-0730 EELP		0530-0730 EELP	0530-0730 EELP	0600-0800 WDLP*		<i>*or 0800-1000 SAQ</i>	£110
	1800-2000 EELP	1800-2000 EELP	1400-1600 SAQ	1730-1930 WDLP	1730-1930 WDLP				
	0900-1000 Land Uni		1700-1830 Land Uni		0900-1000 Land Uni	1015-1100 Land SAQ			
B	0530-0700 WDLP	0530-0700 WDLP		0530-0730 EESP		0600-0800 WDLP **		<i>**or 0800-1000 SAQ</i>	£98
	1730-1930 WDLP	1900-2100 Gos		1800-2000 EELP	1730-1930 WDLP				
			1830-2000 Land Uni			0800-0845 Land WD ***		***or 1015-1100 Land SAQ	
Regional		0530-0700 WDLP					0700-0900 WDLP		£83
		1900-2100 Gos	1930-2100 EESP	1930-2100 WDLP	1930-2100 WDLP				
					1815-1915 Land WD				
Competitive Development 1	0530-0700 EESP			0530-0700 WDLP			0700-0900 WDLP		£87
	1730-1930 WDLP		1800-2000 Gos	1900-2100 EESP	1930-2100 WDLP				
					Land 1800-1900 Uni				
Competitive Development 2	0530-0700 WDLP								£83
		1900-2100 EESP	1930-2100 EELP	1930-2100 WDLP	1845-2015 Gos		1300-1500 WDLP		
				1815-1915 Land WD					
Competitive Development 3	1830-2000 EESP	1930-2100 WDLP		1900-2100 Gos	1845-2015 Gos		1300-1430 WDLP		£73
Skill Development 1	2000-2100 EESP	1800-1930 WDLP		1800-1900 Gos	1715-1845 Gos		1430-1600 WDLP		£62
Skill Development 2	1800-1930 Gos		1830-1930 EESP	1800-1900 Gos			1600-1730 WDLP		£57
Skill Development 3			1900-2000 WDLP	1830-1930 WDLP			1600-1700 WDLP		£42
Dolphins				1730-1830 WDLP			1500-1600 WDLP		£34
Fitness		2000-2100 EELP	2000-2100 WDLP				1700-1800 WDLP		£44
Masters	2000-2100 EELP		2000-2115 Gos	2000-2100 EELP	2015-2115 Gos		1230-1400 Gos		£59 or £36

WDLP West Denton Large Pool
EESP East End Small Pool
EELP East End Large Pool
SAQ Sunderland

Gos Gosforth
Land Uni Newcastle University Sports Centre
Land WD West Denton Old Gym
Land SAQ Land Sunderland

