**Gym Opening Times:**

Monday 6am - 9pm
Tuesday 6am - 9pm
Wednesday 8am - 9pm
Thursday 6am - 9pm
Friday 6am - 9pm
Saturday 8am - 3pm
Sunday 9am - 3pm

Call us on: 0191 263 8152
Email: infinityfitnessne@yahoo.com
FaceBook: Infinity Fitness North East Ltd

# Infinity Fitness North East

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| **MORNING** | **MORNING** | **MORNING** | **MORNING** | **MORNING** | **MORNING** | **MORNING** |
| **6:15am-7am**<br>Bootcamp<br>Emma | **6:30am-7am**<br>Infinity Bounce<br>Robyn | | **6:15am-7am**<br>Bootcamp<br>Robyn | **6:15am-7am**<br>Pump it up<br>Karen | | |
| **9:15am-10am**<br>Circuit<br>Karen | **9:45am-10:45 am**<br>Top to Toe Toning<br>Karen | **9:30am-10:30am**<br>Zumba<br>Karen | | **9:30am-10:30am**<br>Pump it Up<br>Karen | **9:30am-10:30am**<br>Zumba<br>Karen | **9:30am-10:30am**<br>Zumba<br>Karen |
| **10am-11am**<br>Aerotone<br>Karen | | | **10am-11am**<br>Stretch and Tone<br>Robyn | **10:30am-11am**<br>Infinity Bounce<br>Robyn | **10:30am-11:30am**<br>Pump it up<br>Karen | |
| **11am-11:30am**<br>Infinity Bounce<br>Robyn | | **11am-11:30am**<br>Spin<br>Robyn | | | | **11am-11:45am**<br>Kettlebell Circuit<br>Karen |
| **AFTERNOON** | **AFTERNOON** | **AFTERNOON** | **AFTERNOON** | **AFTERNOON** | **AFTERNOON** | **AFTERNOON** |
| **1pm-2pm**<br>Zumba and Toning<br>Karen | **1pm-1:30pm**<br>Infinity Bounce<br>Robyn | **1:30pm-2:30pm**<br>Motown Aerobics<br>Sam | **1:30pm-2pm**<br>Infinity Bounce<br>Robyn | **1:30pm-2:30pm**<br>Nifty 50s<br>Karen | | |
| **EVENING** | **EVENING** | **EVENING** | **EVENING** | **EVENING** | **EVENING** | **EVENING** |
| **4:30pm-5:30pm**<br>Fit Kidz<br>Robyn | **4:30pm-6:30pm**<br>*Kickboxing*<br>Emulous Kickboxing | | **4:30pm-6:30pm**<br>*Kickboxing*<br>Emulous Kickboxing | | | |
| **5:45pm-6:15pm**<br>Infinity Bounce<br>Robyn | **6:30pm-7pm**<br>Spin<br>Robyn | **5:30pm-6:15pm**<br>Pump it up<br>Karen | **6:30pm - 7:15pm**<br>Clubbercise<br>Karen | **6:15pm-7:15pm**<br>Combat<br>Emma | | |
| **6:30pm-7:15pm**<br>Clubbercise<br>Karen | **7pm-7:30pm**<br>Tabata<br>Robyn | **6:15pm-7pm**<br>Zumba<br>Karen | **7:30pm-8pm**<br>Infinity Bounce<br>Robyn | | | |
| **7:15pm-8pm**<br>Legs, Bums and Tums<br>Karen | **7:30pm-8:15pm**<br>Aerotone<br>Karen | **7pm-8pm**<br>Circuit<br>Rob | **8:15pm-8:45pm**<br>Spin<br>Emma | | | |

***KICKBOXING PAYABLE TO EMULOUS***

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# Unlimited Classes and Gym included in Membership

| Adult Membership | | Over 60s Membership | | Student and NHS Membership | |
|---|---|---|---|---|---|
| One Month Cash | £25 | One Month Cash | £20 | One Month Cash | £20 |
| One Month Direct Debit | £23 | One Month Direct Debit | £18 | One Month Direct Debit | £18 |
| Three Months | £70 | Three Months | £55 | Three Months | £55 |
| Six Months | £130 | Six Months | £100 | Six Months | £100 |
| One Year | £250 | One Year | £200 | One Year | £200 |
| Single Session | | £4 | Under 16s Single Session | £3 | |
| Day Pass | | £6 | Under 16s One Month | £15 | |

| Personal Training | Price |
|---|---|
| 1 Hour | £20 |
| 7 Session Block Booking | £100 |

| Sports Therapy/ Sports Massage | Price |
|---|---|
| 30 Minutes | £15 |
| 1 Hour | £25 |