

Fitness Timetable – Term 2: Lee Westwood Sports Centre

Monday 10 January – Friday 1 April 2022



NTU Sport

Monday

Time	Fitness Class	Location	Instructor
17:10 – 17:50	Spin	Clifton Studio	Fitness Instructor
Time	BLAST session	Location	Type
12:10 – 12:30	Hiit	Clifton Gym Floor	Cardio
12:40 – 13:00	Core and Abs	Clifton Gym Floor	Core
17:10 – 17:50	Spin	Clifton Gym Floor	Cardio

Thursday

Time	Fitness Class	Location	Instructor
17:15 – 18:00	Beginners Spin	Clifton Studio	Kyle
19:30 – 20:30	Cardio Tennis	Clifton Tennis Centre	Harrison
Time	BLAST session	Location	Type
12:10 – 12:30	Bootcamp	Clifton Gym Floor	Cardio/Shape
12:40 – 13:00	Glute Burn	Clifton Gym Floor	Cardio
17:10 – 17:30	Barbell Blast	Clifton Gym Floor	Cardio / Shape
17:40 – 18:00	X-fit	Clifton Gym Floor	Shape

Get unlimited classes with NTU Active Membership

Sign up for our great value membership and you can go to as many classes as you like and get priority booking.

Find out more at:
www.ntu.ac.uk/sport

Download the **NTU Sport app**

Tuesday

Time	Fitness Class	Location	Instructor
12:15 – 13:00	Yoga	Clifton Studio	Kirsty
13:00 – 13:45	Spin	Clifton Studio	Fitness Instructor
Time	BLAST session	Location	Type
12:10 – 12:30	Legs, Bums & Tums	Clifton Gym Floor	Shape
12:40 – 13:00	Tabata	Clifton Gym Floor	Cardio
17:10 – 17:30	Circuits	Clifton Gym Floor	Cardio / Conditioning
17:40 – 18:00	X-Fit	Clifton Gym Floor	Cardio / Conditioning

Friday

Time	Fitness Class	Location	Instructor
13:00 – 13:45	Yoga	Clifton Studio	Kirsty
Time	BLAST session	Location	Type
12:10 – 12:30	Circuits	Clifton Gym Floor	Cardio / Shape
12:40 – 13:00	Legs, Bums & Tums	Clifton Gym Floor	Core
17:10 – 17:30	Bootcamp	Clifton Gym Floor	Shape
17:40 – 18:00	HIIT	Clifton Gym Floor	Cardio

How to book

NTU Sport members can book up to a day in advance by calling (0115) 848 3219 or in person at reception, online (www.ntu.ac.uk/sport) or via the NTU Sport app, available on Google Play and App Store.

Non-members can book on the day of the class by calling (0115) 848 3219 or in person at reception.

Please collect your ticket from the reception desk five minutes prior to the class starting.

Prices

Members.....Free

NTU students and staff£4
Block buy five classes£15
Block buy ten classes£25

External / general public£5
Block buy five classes£20
Block buy ten classes£35

Classes purchased in blocks will receive membership privileges when booking. Please also note that if you do not use all your class credits, these will expire on 31 August 2022.

Saturday

Time	BLAST session	Location	Type
14:10 – 14:30	Legs, Bums and Tums	Clifton Gym Floor	Conditioning
14:40 – 15:00	HIIT	Clifton Gym Floor	Cardio / Conditioning

Wednesday

Time	Fitness Class	Location	Instructor
12:15 – 13:00	Pilates	Clifton Studio	Kyle
Time	BLAST session	Location	Type
12:10 – 12:30	X-fit	Clifton Gym Floor	Cardio / Conditioning
12:40 – 13:00	HIIT	Clifton Gym Floor	Cardio / Conditioning
17:10 – 17:30	Glute Burn	Clifton Gym Floor	Shape
17:40 – 18:00	Tabata	Clifton Gym Floor	Cardio

Sunday

Time	BLAST session	Location	Type
14:10 – 14:30	Core & Abs	Clifton Gym Floor	Shape
14:40 – 15:00	Barbell Blast	Clifton Gym Floor	Core

Cancellations

If you can no longer attend the class, please cancel your place to allow others to book in. Repeat offenders who do not cancel will lose booking privileges. You can cancel or call **0115 848 4066**.

*Beginner Spin is part of our Play for Fun programme and perfect for beginners and those who are new to spin.

This session is priced separately for non NTU Sport members. Please enquire at reception for more information on Play For Fun pricing.

Blast sessions

These short sessions will complement your gym workout, focusing on key areas such as core strength, or lead you through a full body stretch to loosen those aches and pains.

Virtual Classes

Our virtual classes are delivered on Microsoft Teams and are free for all NTU Students and Staff. To take part in these classes, search and join the group **NTU Virtual Fitness Classes** on Microsoft Teams.