



**NTU Virtual Fitness Class Christmas Timetable: Monday 14 December 2020 - Friday 8 January 2021**

Day/Date	Class	Start Time	End Time	Instructor
Monday 14/12	Circuits	12:15	13:00	Adam
Monday 14/12	Zumba	17:15	18:00	Ella
Tuesday 15/12	Yoga	12:15	13:00	Jane O
Tuesday 15/12	Pilates	17:15	18:00	Jade
Wednesday 16/12	Legs & Abs	12:15	13:00	Kyle
Wednesday 16/12	Pilates	17:15	18:00	Tati T
Thursday 17/12	Yoga	12:15	13:00	Tati T
Thursday 17/12	Legs, Bums & Tums	17:15	18:00	Ella
Friday 18/12	Yoga	12:15	13:00	Kirsty
Friday 18/12	Zumba	17:15	18:00	Amy
Monday 21/12	Legs, Bums & Tums	12:15	13:00	Adam
Tuesday 22/12	Pilates	12:15	13:00	Jade
Wednesday 23/12	Legs & Abs	12:15	13:00	Kyle

Day/Date	Class	Start Time	End Time	Instructor
Tuesday 29/12	Yoga	12:15	13:00	Tati T
Wednesday 30/12	Legs & Abs	12:15	13:00	Kyle
Thursday 31/12	Circuits	12:15	13:00	Adam
Monday 4/01	Circuits	12:15	13:00	Adam
Monday 4/01	Zumba	17:15	18:00	Ella
Tuesday 5/01	Yoga	12:15	13:00	Jane O
Tuesday 5/01	Pilates	17:15	18:00	Jade
Wednesday 6/01	Legs & Abs	12:15	13:00	Kyle
Wednesday 6/01	Pilates	17:15	18:00	Tati T
Thursday 7/01	Yoga	12:15	13:00	Tati T
Thursday 7/01	Legs, Bums & Tums	17:15	18:00	Ella
Friday 8/01	Yoga	12:15	13:00	Kirsty
Friday 8/01	Zumba	17:15	18:00	Amy