

## NTU Gym Fitness Class Timetable: Monday 22nd September - Sunday 14th December

Monday			
CITY			
Time	Class	Location	Instructor
08:00 - 08:45	Yoga	Studio	Christina
12:15 - 13:00	Legs, Bums and Tums	Studio	Errol
13:10 - 13:55	Dance Fitness	Studio	Chantelle
13:15 - 13:45	HIIT	Gym Floor	Fitness Instructor
17:05 - 17:50	Spin	Studio	Fitness Instructor
19:15 - 19:45	Lower Body Training	Gym Floor	Fitness Instructor
CLIFTON			
Time	Class	Location	Instructor
12:10 - 12:55	Strength	Gym Floor	Fitness Instructor
17:15 - 17:45	Circuits	Gym Floor	Fitness Instructor
18:00 - 18:45	Pilates	Studio	Una

Wednesday			
CITY			
Time	Class	Location	Instructor
07:30 - 08:15	Yoga	Studio	Jatta
08:20 - 08:50	Mindfulness	Studio	Jatta
12:10 - 12:55	Strength	Gym Floor	Fitness Instructor
12:15 - 13:00	Pump It Up	Studio	Errol
17:10 - 17:55	Circuits	Studio	Fitness Instructor
18:10 - 18:55	Spin	Studio	Errol
CLIFTON			
Time	Class	Location	Instructor
17:10 - 17:55	Lower Body Training	Gym Floor	Fitness Instructor

Saturday			
CITY			
Time	Class	Location	Instructor
10:30 - 11:00	Spin Express	Studio	Fitness Instructor

Sunday			
CITY			
Time	Class	Location	Instructor
10:15 - 11:00	Yoga	Studio	Valeria

Tuesday			
CITY			
Time	Class	Location	Instructor
9:00 - 9:45	Circuits	Studio	Fitness Instructor
12:15 - 13:00	Core & Flexibility	Studio	Adam
13:15 - 14:00	Spin	Studio	Adam
17:15 - 17:45	NTU ROX	Gym Floor	Fitness Instructor
17:15 - 18:00	Yoga	Studio	Christina
CLIFTON			
Time	Class	Location	Instructor
12:15 - 12:55	Spin	Studio	Fitness Instructor
17:15 - 17:45	HIIT	Gym Floor	Fitness Instructor

Thursday			
CITY			
Time	Class	Location	Instructor
8:15 - 9:00	Pilates	Studio	Tatiana Tret
9:00 - 9:30	Lower Body Training	Gym Floor	Fitness Instructor
12:15 - 13:00	Legs, Bums and Tums	Studio	Adam
13:10 - 13:55	Spin	Studio	Adam
16:30 - 17:00	HIIT	Gym Floor	Fitness Instructor
CLIFTON			
Time	Class	Location	Instructor
12:15 - 12:45	Circuits	Gym Floor	Fitness Instructor
17:15 - 17:45	Strength	Gym Floor	Fitness Instructor

Friday			
CITY			
Time	Class	Location	Instructor
08:05 - 08:50	Spin Fusion	Studio	Danny
10:00 - 10:30	HIIT	Gym Floor	Fitness Instructor
12:15 - 13:00	Yoga	Studio	Tatiana Tret
13:15 - 14:00	Zumba	Studio	Lizzy
17:15 - 18:00	Strength	Gym Floor	Fitness Instructor
CLIFTON			
Time	Class	Location	Instructor
12:15 - 12:45	Lower Body Training	Gym Floor	Fitness Instructor

### Additional information

To book call **0115 848 4066** (City) and **0115 848 3219** (Clifton).

Bookings can now be made online via our NTU Sport App.

Please ask at reception for more information regarding the app.

Please collect your ticket from the reception desk 5 minutes prior to the class starting.

Last entry is 5 minutes after the start time of the class - anyone who arrives after this time will not be permitted entry, and the slot will become available to other users.

All sessions are subject to instructor availability.



### Cancellations

If you can no longer attend the class, please cancel your place to allow others to book in. Those who repeatedly miss classes without having cancelled will lose their advance booking privileges.

To cancel, please do this online, on the NTU Sport app or call **0115 848 4066** (City) and **0115 848 3219** (Clifton)