NTU Gym Fitness Class Timetable

NTU Sport

Monday

City

Time	Class	Location	Instructor
12:15-13:00	Legs, bums and tums	Studio	Errol
13:10-13:55	Fitness Pilates	Studio	Chantelle
17:05-17:55	Spin	Studio	NTU FI
18:10-18:55	NTU Gym Floor Class	Gym Floor	NTU FI

Clifton

Time	Class	Location	Instructor
18:00-18:45	Pilates	Clifton Studio	Una

Tuesday

City

Time	Class	Location	Instructor
07:05-07:55	Spin	Studio	NTU FI
08:00-08:45	Yoga	Studio	Christina
12:15-13:00	Circuits	Studio	Adam
13:15-14:00	Spin	Studio	Adam
17:15-18:00	Yoga	Studio	Christina
17:10-17:55	NTU Gym Floor Class	Gym Floor	NTU FI
18:10-18:55	NTU Gym Floor Class	Gym Floor	NTU FI

Wednesday

City

Time	Class	Location	Instructor
07:30-08:15	Zumba	Studio	Chantelle
08:15-09:00	Fitness Pilates	Studio	Chantelle
12:15-13:00	Kettlebell Blast	Studio	Errol
17:00-17:45	Yoga	Studio	Valeria
17:10-17:55	NTU Gym Floor Class	Gym Floor	NTU FI
18:10-18:55	NTU Gym Floor Class	Gym Floor	NTU FI
18:10-18:55	Spin	Studio	Errol

Thursday

City

Time	Class	Location	Instructor
07:15 - 08:00	Yoga	Studio	Valeria
08:15-09:00	Pilates	Studio	Tatiana
12:15-13:00	Legs, Bums & Tums	Studio	Adam
13:10-13:55	Spin	Studio	Adam
17:10-17:55	NTU Gym Floor Class	Gym Floor	NTU FI
18:10-18:55	NTU Gym Floor Class	Gym Floor	NTU FI

Friday

City

Time	Class	Location	Instructor
08:05 - 08:50	Spin Fusion	Studio	Danny
09:00-09:45	HIIT	Studio	Danny
12:15-13:00	Yoga	Studio	Jatta
13:15-14:00	Zumba	Studio	Lizzy
17:10-17:55	NTU Gym Floor Class	Gym Floor	NTU FI
18:10-18:55	NTU Gym Floor Class	Gym Floor	NTU FI

Saturday

City

Time	Class	Location	Instructor
10:00-10:30	Spin Express	Studio	NTU FI

Sunday

City

Time	Class	Location	Instructor
10:00-10:30	NTU Gym Floor Class	Gym Floor	NTU FI

NTU Fitness Instructor Classes

Andy	Total Workout	Gym Floor Class
Bella	Upper Body Strength	Gym Floor Class
Gus	Bodyweight Blast	Gym Floor Class
Niall	Full Body DB Blast	Gym Floor Class
Vitor	Lower Body Strength	Gym Floor Class

CLASS TIMETABLES VARY WEEKLY
Classes at City & Clifton may vary each week. Please check the NTU Sport App for the latest timetable, availability and booking information. Book your place via the NTU Sport app. All classes are subject to change and instructor availability.

Additional information

To book call:
0115 848 4066 (City)
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).

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