

NTU Sport Fitness Class Timetable

Monday 8th January- Friday 22nd March

Monday

Time	Class	Location	Instructor
8:00 - 8:45	Yoga	Studio	Vicky
12:15 - 13:00	Legs, Bums and Tums	Studio	Errol
12:15 - 12:45	Circuits	Gym Floor	Fitness Instructor
13:10 - 13:55	Rave Fitness	Studio	Chantelle
17:05 - 17:50	Spin	Studio	Fitness Instructor
19:15 - 19:45	Circuits	Gym Floor	Fitness Instructor

Time	Class	Location	Instructor
12:15 - 12:45	Lower Body Tarining	Gym Floor	Fitness Instructor
17:00 - 18:45	Spin	Studio	Una
17:00- 17:45	Circuits	Gym Floor	Fitness Instructor
18:00 -18:45	Pilates	Studio	Una

Tuesday

Time	Class	Location	Instructor
8:00 - 8:45	Zumba	Studio	Chantelle
12:15 - 13:00	Spin	Studio	Adam
12:15 - 12:45	HIIT	Gym Floor	Fitness Instructor
13:15 - 14:00	Boxing Fitness	Studio	Adam
17:15 - 17:45	Lower Body Tarining	Gym Floor	Fitness Instructor
17:15 - 18:00	Yoga	Studio	Christina
18:15 - 19:00	Barre Fitness	Studio	Tatiana
19:15 - 19:45	HIIT	Gym Floor	Fitness Instructor

Time	Class	Location	Instructor
12:00 - 12:45	Yoga	Studio	Jatta
13:10 - 13:50	Studio HIIT	Studio	Fitness Instructor
17:15 - 17:45	HIIT	Gym Floor	Fitness Instructor

Wednesday

Time	Class	Location	Instructor
7:30 - 8:15	Yoga	Studio	Vicky
8:20 - 8:50	Mindfulness	Studio	Vicky
12:15 - 13:00	HIIT	Studio	Errol
13:10 - 13:55	Strength	Gym Floor	Fitness Instructor
17:10 - 17:55	Strength	Gym Floor	Fitness Instructor
17:15 - 18:00	Aerobics	Studio	Errol
18:15 - 19:00	Spin	Studio	Errol

Time	Class	Location	Instructor
12:10 - 12:55	Learn to Lift	HPC	Fitness Instructor
17:10 - 17:55	Strength	Gym Floor	Fitness Instructor
19:10 - 19:55	Learn to Lift	HPC	Fitness Instructor

Thursday

Time	Class	Location	Instructor
8:15 - 9:00	Pilates	Studio	Tatiana Tret
12:15 - 13:00	Legs, Bums and Tums	Studio	Adam
12:15 - 12:45	HIIT	Gym Floor	Fitness Instructor
13:15 - 14:00	Boxing Fitness	Studio	Adam
17:15 - 17:45	HIIT	Gym Floor	Fitness Instructor

Time	Class	Location	Instructor
12:15 - 12:45	Spin	Studio	Fitness Instructor
17:15 - 17:45	HIIT	Gym Floor	Fitness Instructor

Friday

Time	Class	Location	Instructor
7:10 - 7:55	Pilates	Studio	Joe
8:05 - 8:50	Spin Fusion	Studio	Danny
12:15 - 13:00	Yoga	Studio	Tatiana Tret
12:15 - 12:45	Lean to Lift	Gym Floor	Fitness Instructor
13:15 - 14:00	Zumba	Studio	Lizzy
17:15 - 17:45	Learn to Lift	Gym Floor	Fitness Instructor

Time	Class	Location	Instructor
12:15 - 12:45	Circuits	Gym Floor	Fitness Instructor
17:15 - 17:45	Circuits	Gym Floor	Fitness Instructor

Saturday

Time	Class	Location	Instructor
9:15 - 10:00	Yoga	Studio	Jatta
14:00 - 14:30	Lower Body Training	Gym Floor	Fitness Instructor

Time	Class	Location	Instructor
14:00 - 14:30	Lower Body Training	Gym Floor	Fitness Instructor

Sunday

Time	Class	Location	Instructor
10:00 - 10:45	Legs, Bums and Tums	Studio	Sophie
11:00 - 11:45	Spin	Studio	Sophie
14:00 - 14:30	Relentless	Gym Floor	Fitness Instructor

Time	Class	Location	Instructor
14:00 - 14:30	Relentless	Gym Floor	Fitness Instructor



Sport

Additional Information

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

Bookings can now be made online via www.ntu.ac.uk/sport, and also through the 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.

New classes to be added soon!