

Fitness Class Summer Timetable – City Sports Centre, Students’ Union

Monday 10 June – Thursday 19 September 2019



NTU Sport

	Time	Class	Instructor
Monday	07:45 – 08:30	Strength Yoga	Joe
	12:15 – 13:00	Zumba	Tati W
	13:00 – 13:45	Pilates	Lorraine

Tuesday	07:45 – 08:30	Bootcamp	Danny
	12:15 – 13:00	Spin	Adam
	13:00 – 13:45	Yoga	Hannah

Wednesday	07:45 – 08:30	Yoga	Vicky
	12:00 – 12:30	HIIT Attack	Errol
	12:30 – 13:00	Kettlebells	Errol
	17:15 – 18:00	Spin	Cheryl

Thursday	12:00 – 12:30	Core & Abs	Tati W
	12:30 – 13:00	Legs, Bums & Tums	Adam

Friday	07:45 – 08:30	Spin Fusion	Danny
	12:15 – 13:00	Yoga	Tati Tret

How to book

NTU Sport members can book up to a day in advance by calling (0115) 848 4066, in person at reception, online 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 4066, 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 one year from purchase.

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.

To cancel, please do this online, or call **0115 848 4066** (City).

For more information and a full description of each class, please visit: www.ntu.ac.uk/fitnessclasses

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**