

Fitness class timetable – Lee Westwood Sports Centre



NTU Sport

Wednesday 24 April – Friday 7 June 2019

	Time	Class	Instructor
Monday	12:15 – 13:00	Yoga	Leah
	18:10 – 18:40	Power Spin	Fitness Instructor
Tuesday	12:00 – 12:30	Ballet Fitness	Tatiana Tret
	12:15 – 13:00	HIIT Attack	Tatiana Tret
Wednesday	08:00 – 8:45	Yoga	Tatiana Tret
	19:00 – 20:00	P4F Beginner's Spin*	Jane
Thursday	12:15 – 13:00	Pilates	Tatiana Tret
Friday	12:15 – 13:00	Yoga	Hannah

How to book

NTU Sport members can book up to a day in advance by calling (0115) 848 3219, 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 3219, or in person at reception.

If you have booked a place but can no longer make the class, please let us know as soon as possible.

Prices

MembersFree

NTU students and staff£4

Block buy 5 classes£15

Block buy 10 classes£25

External / general public£5

Block buy 5 classes£20

Block buy 10 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.

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

*P4F Beginner's Spin is part of our Play for Fun programme and perfect for beginners and those who are new to spin. This session is priced separately.

Blast sessions

Add something extra to your workout. Our popular 20-minute blast sessions on the gym floor will continue throughout the term. These short sessions will complement your gym workout, focusing on key areas such as core strength, or lead you through a full body stretch to loosen those aches and pains. Please see the blast session timetable for more information.

For more information and a full description of each class, please visit:

www.ntu.ac.uk/fitnessclasses