

NTU Fitness Class Timetable: Easter Monday 4 April - Thursday 14 April 2022

Monday

City Studio	Activity	Instructor
08:15 - 09:00	Yoga	Vicky
12:15 - 13:00	Legs, Bums & Tums	Errol
17:05 - 17:50	Spin	Fitness Instructor

Clifton Studio	Activity	Instructor
17:10 - 17:50	Spin	Fitness Instructor

Tuesday

City Studio	Activity	Instructor
12:15 - 13:00	Spin	Adam
17:15 - 18:00	Pilates	Joe

Clifton Studio	Activity	Instructor
13:00 - 13:45	Spin	Fitness Instructor

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)

Wednesday

City Studio	Activity	Instructor
07:30 - 08:15	Yoga	Vicky
08:20 - 08:50	Mindfulness	Vicky
12:15 - 13:00	HIIT	Errol
17:15 - 18:00	Spin	Errol

Thursday

City Studio	Activity	Instructor
08:15 - 09:00	Pilates	Tatiana Tret
12:15 - 13:00	Legs, Bums & Tums	Adam
17:15 - 18:00	Spin	Cheryl

Clifton Studio	Activity	Instructor
13:00 - 13:45	Spin	Fitness Instructor

Friday

City Studio	Activity	Instructor
08:15 - 09:00	Spin Fusion	Danny
12:15 - 13:00	Yoga	Tatiana Tret
13:15 - 14:00	Spin	Adam

Clifton Studio	Activity	Instructor
13:00 - 13:45	Spin	Fitness Instructor

Please Note: City and Clifton Sport Facilities will be closed on the below dates:
Friday 15th April
Monday 18th April
Tuesday 19th April

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.

*P4F Beginners Spin is part of the Play for Fun programme, and as such the prices are different. £2 for non-members, free for Active members or Sports Club members.

**Tai Chi sessions will take place in either DICE or Chauceer building depending on room availability. Please check our website or enquire at one of our receptions.