

# Fitness Timetable – Term 3: City Sports Centre, Students' Union

Wednesday 20 April – Wednesday 1 June 2022



NTU Sport

## Monday

Time	Fitness Class	Location	Instructor
08:15 – 09:00	Yoga	City Studio	Vicky
12:15 – 13:00	Legs, Bums & Tums	City Studio	Errol
13:15 – 14:00	Pilates	City Studio	Joe
17:05 – 17:50	Spin	City Studio	Fitness Instructor
Time	BLAST session	Location	Type
08:00 – 08:30	Legs, Bums & Tums	City Gym Floor	Cardio / Conditioning
12:10 – 12:30	Circuits	City Gym Floor	Shape
12:40 – 13:00	HIIT	City Gym Floor	Cardio
19:10 – 19:30	Glute Burn	City Gym Floor	Shape
19:40 – 20:00	Core & Abs	City Gym Floor	Core

## Thursday

Time	Fitness Class	Location	Instructor
08:15 – 09:00	Pilates	City Studio	Tatiana Tret
12:15 – 13:00	Legs, Bums & Tums	City Studio	Adam
13:15 – 14:00	Boxing Fitness	City Studio	Adam
17:15 – 18:00	Spin	City Studio	Cheryl
Time	BLAST session	Location	Type
08:00 – 08:30	Glute Burn	City Gym Floor	Shape
12:10 – 12:30	Tabata	City Gym Floor	Conditioning
12:40 – 13:00	Barbell Blast	City Gym Floor	Cardio / Conditioning
17:10 – 17:30	HIIT	City Gym Floor	Cardio
17:40 – 18:00	Bootcamp	City Gym Floor	Shape

## Tuesday

Time	Fitness Class	Location	Instructor
07:45 – 08:15	HIIT	City Studio	Ella Bear
08:15 – 09:00	Pilates	City Studio	Ella Bear
12:15 – 13:00	Spin	City Studio	Adam
13:15 – 14:00	Boxing Fitness	City Studio	Adam
17:15 – 18:00	Yoga	City Studio	Christina Prassa
18:10 – 18:55	Les Mills Bodycombat <sup>(TM)</sup>	City Studio	Gary
Time	BLAST session	Location	Type
08:00 – 08:30	X-Fit	City Gym Floor	Cardio / Conditioning
12:10 – 12:30	Barbell Blast	City Gym Floor	Conditioning
12:40 – 13:00	Core & Abs	City Gym Floor	Core
19:10 – 19:30	Tabata	City Gym Floor	Cardio
19:40 – 20:00	Legs, Bums & Tums	City Gym Floor	Shape

## Friday

Time	Fitness Class	Location	Instructor
08:15 – 09:00	Spin Fusion	City Studio	Danny
12:15 – 13:00	Yoga	City Studio	Tatiana Tret
13:15 – 14:00	Spin	City Studio	Adam
17:15 – 18:00	Zumba	City Studio	Lizzy
Time	BLAST session	Location	Type
08:00 – 08:30	Bootcamp	City Gym Floor	Cardio / Shape
12:10 – 12:30	Core & Abs	City Gym Floor	Shape
12:40 – 13:00	Circuits	City Gym Floor	Cardio
17:10 – 17:30	Legs, Bums & Tums	City Gym Floor	Conditioning
17:40 – 18:00	HIIT	City Gym Floor	Core

## Wednesday

Time	Fitness Class	Location	Instructor
07:30 – 08:15	Yoga	City Studio	Vicky
08:20 – 08:50	Mindfulness	City Studio	Vicky
12:15 – 13:00	HIIT	City Studio	Errol
17:15 – 18:00	Aerobics	City Studio	Errol
18:15 – 19:00	Spin	City Studio	Errol
Time	BLAST session	Location	Type
08:00 – 08:30	HIIT	City Gym Floor	Cardio
12:10 – 12:30	Bootcamp	City Gym Floor	Cardio/Shape
12:40 – 13:00	X-fit	City Gym Floor	Cardio / Conditioning
17:10 – 17:30	Circuits	City Gym Floor	Cardio / Conditioning
17:40 – 18:00	Tabata	City Gym Floor	Cardio / Conditioning

## Saturday

Time	Fitness Class	Location	Instructor
09:15 – 10:00	Pilates	City Studio	Ella Bear
10:45 – 11:30	Zumba	City Studio	Vania
Time	BLAST session	Location	Type
14:10 – 14:30	X-Fit	City Gym Floor	Cardio / Conditioning
14:40 – 15:00	Glute Burn	City Gym Floor	Shape

## Sunday

Time	Fitness Class	Location	Instructor
10:00 – 10:45	Legs, Bums & Tums	City Studio	Sophie
11:00 – 11:45	Spin	City Studio	Sophie
Time	BLAST session	Location	Type
14:10 – 14:30	Barbell Blast	City Gym Floor	Conditioning
14:40 – 15:00	Core & Abs	City Gym Floor	Core

## 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](http://www.ntu.ac.uk/sport)

Download the **NTU Sport app**

## How to book

NTU Sport members can book up to a day in advance by calling **(0115) 848 4066** or in person at reception, online ([www.ntu.ac.uk/sport](http://www.ntu.ac.uk/sport)) 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. You can cancel or call **0115 848 4066**.

## Blast sessions

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.

## Virtual Classes

Our virtual classes are delivered on Microsoft Teams and are free for all NTU Students and Staff. To take part in these classes, search and join the group **NTU Virtual Fitness Classes** on Microsoft Teams.

