

NTU Gym Fitness Class Timetable: Monday 13th January - Friday 4th April

| Monday | | | |
|---------------|---------------------|-----------|--------------------|
| CITY | | | |
| Time | Class | Location | Instructor |
| 08:00 - 08:45 | Yoga | Studio | Christina |
| 12:15 - 13:00 | Legs, Bums and Tums | Studio | Errol |
| 12:15 - 12:45 | Circuits | Gym Floor | Fitness Instructor |
| 13:10 - 13:55 | Dance Fitness | Studio | Chantelle |
| 17:05 - 17:50 | Spin | Studio | Fitness Instructor |
| 19:15 - 19:45 | Circuits | Gym Floor | Fitness Instructor |
| CLIFTON | | | |
| Time | Class | Location | Instructor |
| 12:15 - 12:45 | Lower Body Training | Gym Floor | Fitness Instructor |
| 17:00 - 17:45 | Spin | Studio | Una |
| 18:00 - 18:45 | Pilates | Studio | Una |
| 17:15 - 17:45 | Circuits | Gym Floor | Fitness Instructor |

| Wednesday | | | |
|---------------|---------------|-----------|--------------------|
| CITY | | | |
| Time | Class | Location | Instructor |
| 07:30 - 08:15 | Yoga | Studio | Jatta |
| 08:20 - 08:50 | Mindfulness | Studio | Jatta |
| 12:10 - 12:55 | Strength | Gym Floor | Fitness Instructor |
| 12:15 - 13:00 | Pump It Up | Studio | Errol |
| 17:10 - 17:55 | Strength | Gym Floor | Fitness Instructor |
| 17:15 - 18:00 | Kettlecise | Studio | Errol |
| 18:10 - 18:55 | Spin | Studio | Errol |
| CLIFTON | | | |
| Time | Class | Location | Instructor |
| 17:10 - 17:55 | Strength | Gym Floor | Fitness Instructor |
| 19:10 - 19:55 | Learn to Lift | HPC | Fitness Instructor |

| Saturday | | | |
|---------------|---------------------|-----------|--------------------|
| CITY | | | |
| Time | Class | Location | Instructor |
| 09:00 - 09:45 | Pilates | Studio | Tatiana |
| 10:00 - 10:45 | Yoga | Studio | Jatta |
| 14:00 - 14:30 | Lower Body Training | Gym Floor | Fitness Instructor |
| CLIFTON | | | |
| Time | Class | Location | Instructor |
| 14:00 - 14:30 | Lower Body Training | Gym Floor | Fitness Instructor |

| Tuesday | | | |
|---------------|---------------------|-----------|--------------------|
| CITY | | | |
| Time | Class | Location | Instructor |
| 07:30 - 08:15 | Bootcamp | Studio | Danny |
| 12:15 - 13:00 | Core & Flexibility | Studio | Adam |
| 12:15 - 12:45 | Hiit | Gym Floor | Fitness Instructor |
| 13:15 - 14:00 | Spin | Studio | Adam |
| 17:15 - 17:45 | Lower Body Training | Gym Floor | Fitness Instructor |
| 17:15 - 18:00 | Yoga | Studio | Christina |
| 19:15 - 19:45 | HIIT | Gym Floor | Fitness Instructor |
| CLIFTON | | | |
| Time | Class | Location | Instructor |
| 17:15 - 17:45 | HIIT | Gym Floor | Fitness Instructor |

| Thursday | | | |
|---------------|---------------------|-----------|--------------------|
| CITY | | | |
| Time | Class | Location | structor |
| 08:15 - 09:00 | Pilates | Studio | Tatiana Tret |
| 12:15 - 13:00 | Legs, Bums and Tums | Studio | Adam |
| 12:15 - 12:45 | HIIT | Gym Floor | Fitness Instructor |
| 13:10 - 13:55 | Spin | Studio | Adam |
| 17:15 - 17:45 | HIIT | Gym Floor | Fitness Instructor |
| CLIFTON | | | |
| Time | Class | Location | Instructor |
| 17:15 - 17:45 | HIIT | Gym Floor | instructor |

| Sunday | | | |
|---------------|--------------------|-----------|--------------------|
| CITY | | | |
| Time | Class | Location | Instructor |
| 10:10 - 10:55 | Yoga | Studio | Valeria |
| 11:10 - 11:55 | Leg's, Bums & Tums | Studio | Fitness Instructor |
| 14:00 - 14:30 | Relentless | Gym Floor | Fitness Instructor |
| CLIFTON | | | |
| Time | Class | Location | Instructor |
| 14:00 - 14:30 | Relentless | Gym Floor | 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**

| Friday | | | |
|---------------|---------------|-----------|--------------------|
| CITY | | | |
| Time | Class | Location | Instructor |
| 08:05 - 08:50 | Spin Fusion | Studio | Danny |
| 12:15 - 13:00 | Yoga | Studio | Tatiana Tret |
| 12:10 - 12:55 | Learn to Lift | Gym Floor | Fitness Instructor |
| 13:15 - 14:00 | Zumba | Studio | Lizzy |
| 17:10 - 17:55 | Learn to Lift | Gym Floor | Fitness Instructor |
| CLIFTON | | | |
| Time | Class | Location | Instructor |
| 12:15 - 12:45 | Circuits | Gym Floor | Fitness Instructor |
| 17:15 - 17:45 | Circuits | Gym Floor | Fitness Instructor |

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.

