NTU Studio Session Timetable: Term 1 Monday 2nd October - Friday 8th December 2017

Monday

City Studio			Activity	Instructor
7.15	-	8.00	Kettlebell Tone	Tom
8.00	-	8.30	Core & Abs	Tom
12.00	-	12.45	Strength & Tone	Lorraine
12.45	-	13.30	Pilates	Lorraine
13.30	-	14.15	Spin	Tatiana Tasker
14.15		15.00	Yoga	Tatiana Tasker
16.00	-	17.00	Boxing Fitness	Owen
17.00	-	17.45	Pound	Tati W
17.00	-	19.00	Indoor Climbing (Beginners)	James Martin
Clifton Studio				
12.15	-	13:00	Zumba	Tati W
19.00	-	20.00	Bootcamp	Tom

Tuesday

City Studio			Activity	Instructor
7.15	-	7.45	HIIT Attack	Danny
7.45	-	8.30	Legs, Bum & Tums	Danny
12.15	-	12.45	Power Spin	Adam
12.45	-	13.30	Pump it Up	Adam
13.00	-	14.00	Tai Chi (Chaucer Building)	Sam
13.30	-	14.15	Yoga	Sarah
17.00	-	17.45	Pilates	Lorraine
Clifton Studio				
12.15	-	13.00	Spin	Tatiana Tasker
13.00	-	13.45	Core & Abs	Tatiana Tasker

Cancellations

If you can no longer attend the class, please cancel your place to allow others to book in. Repeated offenders who do not cancel, will lose booking privilages.

To cancel, please do this online or call **0115 848 4066** (City) and **0115 848 3219** (Clifton)

Wednesday

City Studio			Activity	Instructor
7.15	-	8.00	Restorative Stretch	Vicky
8.00	-	8.45	Zumba	Vicky
12.00	-	12.30	HIIT Attack	Errol
12.30	-	13.00	Kettlebell Tone	Errol
17.15	-	18.00	Pump it Up	Errol
18.00	-	18.45	Aerobics	Errol
18.00	-	20.00	Indoor Climbing (beginners)	James Martin
18.45	-	19.30	Spin	Cheryl
19.30	-	20.15	Kettlebell Tone	Cheryl
20.00	-	21.00	Indoor Climbing (Intermediate)	James Martin
Clifton Studio				
8.00	-	8.45	Yoga	Tatiana Tret

Thursday

City Studio			Activity	Instructor
7.15	-	8.00	Pilates	Tatiana Tret
8.00	-	8.30	Kettlebell Tone	Tatiana Tret
9.00	-	9.45	Zumba	Tati W
12.15	-	13.00	Spin	Tatiana Tasker
13.00	-	13.45	Yoga	Tatiana Tasker
16.00	-	17.00	Lyrical Fitness	Vicky
17.00	-	18.00	Boxing Fitness	Owen
Clifton Studio				
12.15	-	13.00	Pilates	Tatiana Tret
18.15	-	19.00	Yoga	Vicky

Friday

City Studio			Activity	Instructor
7.15	-	8.00	Bootcamp	Danny
8.00	-	8.45	Core & Abs	Danny
12.15	-	12.45	HIIT Attack	Errol
12.45	-	13.30	Tai Chi	Sam
14.15	-	15.00	Yoga	Sarah
15.00		15.45	Zumba Toning	Tati W
17.00		17.45	Pump & Tone	Vicky
Clifton Studio				
12.15	-	13.00	Yoga	Heidi
17.00	-	18.00	HIIT Circuit Training	Joe
18.00	-	18.45	Pilates	Joe

Saturday

City Studio			Activity	Instructor
9.15	-	10.00	Yoga	Vicky
10.00	-	10.45	Pump it Up	Jane
10.45	-	11.30	Spin	Jane

Sunday

City Studio			Activity	Instructor
9.15	-	10.00	Zumba Mix	Tati W
10.45	-	11.45	Bootcamp	James
18.00	-	18.30	HIIT Attack	Vicky
18.30	-	19.15	Pump it Up	Vicky

Additional information

NTU Sport

* HIIT - High Intensity Interval Training

To book call **0115 848 4066** (City) and **0115 848 3219** (Clifton).

Bookings can now be made online for Sport and Fitness members via www.ntu.ac.uk/sport. Ask at reception if you do not know your log in details.

Please collect your ticket from the reception desk 5 minutes prior to the class starting.

All sessions are subject to fitness instructor availability.

*Learn to Climb sessions are designed for those who want to pass their climbing induction.