NTU Fitness Class and Blast Session Summer Timetable - Monday 11 June - Sunday 23 September 2018

Monday

City Studio

07:45 - 08:30	Pilates	Holistic
12:15 - 13:00	Zumba	Dance
13:00 - 13:45	Yoga	Holistic

City Gym Floor

07:15 07:45	PowerBurn	Conditionibng
12:15 12:45	Pump and Tone	Strength/Tone
12:50 13:00	Glute Burn	Tone
17:15 17:45	Legs, Bums and Tums	Tone

Clifton Gym Floor

12:15 12:45	Upper Body Tone	Strength/Tone
12:50 13:00	Core and Abs	Strength/Tone
17:15 18:00	Bootcamp**	Conditioning

Tuesday

City Studio

07:45 - 08:30	Bootcamp	Strength
12:15 - 12:45	Power Spin	Cardio
12:45 - 13:30	Pilates	Holistic

City Gym Floor

07:15 07:45	HIIT Conditioning	Tone/Cardio
12:15 12:45	Power Burn	Tone/Cardio
12:50 13:00	Core and Abs	Strength/Tone
17:15 17:45	X-Fit	Conditioning

Clifton Gym Floor

12:15 12:45	X-Fit	Conditioning
12:50 13:00	Glute Burn	Tone
17:15 17:45	Fighting Fit	Combat/Cardio

Wednesday

City Studio

07:45 - 08:30	Yoga	Holistic
12:00 - 12:30	HIIT Attack	Cardio
12:30 - 13:00	Kettlebell Tone	Strength
13:00 - 13:45	Yoga	Holistic
17:15 - 18:00	Spin	Cardio

City Gym Floor

07:15 07:35	Tabata	Cardio
12:15 12:45	Circuits	Conditioning
12:50 13:00	Upper body Tone	Strength/Tone
17:15 17:45	Fighting Fit	Combat/Cardio

Clifton Gym Floor

12:15 13:00	Boot Camp**	Conditioning
17:15 17:45	Tabata	Cardio

Thursday

City Studio

12:15 - 13:00	Spin	Cardio
13:00 - 13:45	Yoga	Holistic

City Gym Floor

07:15 07:45	X-Fit	Conditioning
12:15 12:45	Fighting Fit	Combat/Cardio
12:50 13:00	Glute Burn	Tone
17:15 17:45	Legs, bums and Tums	Tone

Clifton Studio

12:15 - 13:00	Pilates	Holistic

Clifton Gym Floor

12:15 12:45	Circuits	Conditioning
12:50 13:00	Upper Body Tone	Tone
17:15 17:45	Pump and Tone	Strength/Tone

Additional Info - Please be aware that fitness instructor availabity may be limited during the summer period so blast sessions are not guaranteed. To book, please check our app for availability or call us on 0115 848 4066 (City) or 0115 848 3219 (Clifton). ** Sessions will be held outside weather permiting.

Friday

City Studio

12:15 - 13:00	Yoga	Holistic
13:00 - 13:45	Zumba Toning	Dance

City Gym Floor

07:15 07:45	Glute Burn	Tone
12:15 12:45	Legs, Bums and Tums	Tone
12:50 13:00	Core and Abs	Strength/Tone
17:15 17:45	Pump and Tone	Strength/Tone

Clifton Gym Floor

12:15 12:45	Tabata	Cardio
12:50 13:00	Core and Abs	Strength/Tone
17:15 17:45	X-Fit	Conditioning

Saturday

City Gym floor

11:00 11:20	Glute Burn	Tone
14:00 14:45	Circuits	Conditioning

Clifton Gym floor

14:00 14:45	Boot Camp**	Conditioning

Sunday

City Gym floor

11:00 11:20	Tabata	Cardio
14:00 14:30	Power Burn	Tone/Cardio

Clifton Gym floor

14:00 14:30	Power Burn	Tone/Cardio