

NEW University Timetable commencing Monday 18 February 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	BODYATTACK Alan (45)	RPM Kelly (45)	BODYPUMP Sue (55)	★ GRIT Series Mel M & Bek (30)	BODYATTACK Kristy (45)		
6:45 AM		★ BODYCOMBAT Sue (55)		★ CXWORX Bek (30)			
7:00 AM	Activate Karen P (55)	AquaFIT Karen P (45)	Activate Karyn-Joy (55)	AquaFIT Kaela (45)			
7:00 AM	★ BODYPUMP Dave H (55)	BODYBALANCE Jenn (55)	RPM Kristy (45)	BODYBALANCE Kristy (55)	BODYPUMP Kristy (55)		
7:00 AM	Swimfit 75	Swimfit 75	Swimfit 75	Swimfit 75	Swimfit 75		
7:15 AM						★ GRIT Series Bek & Kate (30)	
7:30 AM						BODYBALANCE Jenn (55)	
7:45 AM						★ CXWORX Bek (30)	
8:15 AM			AquaFIT Karyn-Joy (45)				
8:30 AM	AquaFIT Karen P (45)				AquaFIT Karen P (45)	BODYATTACK Dave H (45)	★ BODYCOMBAT Haylee (45)
9:15 AM	BODYPUMP Katie (55)	★ ForumFIT Kathryn (55)	Express Sculpt Bek (30)	Sculpt Kathryn (55)	★ ForumFIT Kate (55)	AquaFIT Chris (45)	★ BODYPUMP Kelly/Jess (55)
9:45 AM			CXWORX Bek (30)				
12:00 PM	DIY Swim	DIY Swim	DIY Swim	DIY Swim	DIY Swim		
12:15 PM	CXWORX Bek (30)	BODYPUMP Bek (55)	RPM Bec L (45)	BODYPUMP Jenn (55)	BODYBALANCE Amanda (55)		
12:45 PM	RPM Express Tony (35)						
4:00 PM							RPM Dave B (45)
4:30 PM	Step Kristy (45)	BODYATTACK Katie (45)	BODYPUMP Blake (55)	BODYATTACK Blake (45)	BODYPUMP Gerard (55)		
4:45 PM		Zumba Radmila (45)			★ BODYCOMBAT Haylee (45)		
5:00 PM	★ GRIT Series Mel M & Haylee (30)		★ Step Katie (45)	★ GRIT Series (30)			BODYPUMP Dave B/Jess (55)
5:15 PM	BODYPUMP Kristy (55)						
5:30 PM	BODYATTACK Blake (55)	BODYPUMP Alan (55)	★ GRIT Series (30)	BODYPUMP Bek (45)	BODYATTACK Alan (55)		
5:30 PM		★ GRIT Series Haylee & Jess (30)		BODYBALANCE Karen P (55)			
5:30 PM	RPM Tony (45)	RPM Tony (45)	RPM Ann-Maree (45)	RPM Tony (45)	RPM Gerard (45)		
5:45 PM			★ BODYATTACK Katie (45)		BODYBALANCE Jenn (55)		
6:00 PM	Swimfit 75	CXWORX Dave H (30)	★ CXWORX Blake (30)	Swimfit 75			
6:15 PM							BODYBALANCE Sue/Jenn (55)
6:30 PM	AquaFIT Karyn-Joy (45)	AquaFIT Tristan (45)		AquaFIT Karyn-Joy (45)			
6:30 PM	BODYBALANCE Tony (55)	BODYBALANCE Tony (55)	BODYBALANCE Karen P (55)	★ Zumba Fi/Meredith (45)			

Key

Studio 1	Studio 2	Cycle Studio	Pool	★ New class	Class duration key: (30) (45) (55)
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