

University Timetable May 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	BODYATTACK Alan (45)	BODYPUMP Bek (55)	BODYCOMBAT Sue (55)	GRIT Series Bek (30)	BODYATTACK Kristy (45)		
6:15 AM	Brave Joe (45)	Boost Joe (45)	Brave Dani (45)		Brave Alison (45)		
6:15 AM		 RPM Damara (45)					
6:45 AM				CORE Bek (30)			
7:00 AM	 BODYPUMP Angie (55)	BODYBALANCE Jenn (55)	 RPM Kristy (45)	 RPM Ann-Maree (45)	BODYPUMP Kristy (55)		
7:00 AM	 SwimFIT Paul (60)		 SwimFIT Paul (60)	BODYBALANCE Kristy (55)	 SwimFIT Paul (60)		
7:30 AM						Boost Louise (45)	
7:30 AM						GRIT Series Bek (30)	
8:00 AM	Activate Karen P (55)		Activate Kristy (55)		Activate Karen P (55)	CORE Bek (30)	
8:00 AM						BODYBALANCE Jenn (55)	
8:30 AM							 RPM Julie (45)
9:00 AM						Zumba Meredith (45)	
9:15 AM						BODYPUMP Damara (55)	BODYPUMP Cath M (55)
9:30 AM	BODYPUMP Katie (55)	 ForumFIT Amanda (55)	GRIT Series Bek (30)	Sculpt Kathryn H (55)	ForumFIT Kathryn H (55)		
10:00 AM			CORE Bek (30)				
12:15 PM		 BODYPUMP Angie (55)		 BODYPUMP Angie (55)			
12:30 PM	Brave Joe (45)	Boost Alison (45)	Boost Kristy (45)	Boost Alison (45)	Brave Tristan (45)		
12:45 PM			 RPM Express Angie (30)				
4:30 PM	 Step and Sculpt Kristy (45)		 BODYATTACK Katie (45)		 BODYPUMP Jade (55)		
5:00 PM		BODYBALANCE Christina (55)		BODYATTACK Blake (55)	BODYCOMBAT Sue (55)		
5:15 PM	 BODYPUMP Kristy (55)						
5:30 PM	BODYATTACK Blake (55)	 BODYCOMBAT Damara (55)	BODYPUMP Blake (55)	BODYPUMP Bek (55)	BODYATTACK Alan (55)		 BODYBALANCE Karen/Amanda (55)
5:30 PM	 RPM Angie (45)	 RPM Angie (45)	 RPM Julie (45)	 RPM Tristan (45)			
5:45 PM			 Step Moves Katie (45)				
6:00 PM		 BODYPUMP Alan (55)		BODYBALANCE Sue (55)			
6:30 PM	BODYBALANCE Karen P (55)	Zumba Sophie (45)	 BODYBALANCE Blake (55)		 BODYBALANCE Jenn (55)		

Key

Studio 1	Studio 2	Cycle Studio	Lambton Pool	SkillAthletic Zone	Class duration key: (30) (45) (55)	 New Class
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