

# University Timetable January - June 2019



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

## Key

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