



THE FORUM

Harbourside Timetable as of 04 September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	RPM Cycle Studio Amanda (45)	BODYPUMP Studio Alan (55)	RPM Cycle Studio Kaela (45)	BODYPUMP Studio Tracy (55)	RPM Cycle Studio Jodie (45)		
7:00am	HIIT Studio Amanda (30)		HIIT Studio Tracy (30)		HIIT Studio Jodie (30)		
8:00am						ForumFIT Studio Kate (55)	
8:30am							RPM Cycle Studio Kaela (45)
9:15am						BODYPUMP Studio Sue (55)	
9:30am	BODYPUMP Studio Kate / Jodie (55)	BODYBALANCE Studio Amanda (55)	ForumFIT Studio Kath H (55)	Sculpt Studio Katie (55)	BODYPUMP Studio Katie (55)		BODYBALANCE Studio Karen P (55)
10:15am						BODYBALANCE Studio Sue (55)	
12:15pm	Sculpt Studio Kath H (45)	HIIT Studio Kath H (30)	Sculpt Studio Kath H (45)	HIIT Studio Mell (30)	COMING SOON		
12:45pm	Outdoor Training Meet at Reception Alison		Outdoor Training Meet at Reception Tristan				
5:15pm	BODYPUMP Studio Jodie (55)	RPM Cycle Studio Jodie (45)	RPM Cycle Studio Ann-Maree (45)	COMING SOON			
5:30pm	RPM Cycle Studio Dave B (45)	BODYPUMP Studio Blake (55)	BODYBALANCE Studio Christina (55)	BODYPUMP Studio Alan (55)			
6:30pm	BODYBALANCE Studio Brett (55)	BODYBALANCE Studio Brett (55)	BODYPUMP Studio Jodie (55)	RPM Cycle Studio Damara (45)			