



THE FORUM®

University Timetable as of 04 September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	BODYATTACK Studio 2 Alan (45)	BODYPUMP Studio 1 Bek (55)	BODYCOMBAT Studio 1 Sue (55)	GRIT & CXWORX Studio 2 Bek (60)	BODYATTACK Studio 2 Kristy (45)		
6:15am	Skill Athletic - Brave Gym Joe	Skill Athletic - Boost Gym Shaye		7:00 BODYBALANCE Studio 1 Kristy (55)			
7:00am	BODYPUMP Studio 1 Damara (55)	BODYBALANCE Studio 2 Jenn (55)	RPM Cycle Studio Kristy (45)	RPM Cycle Studio Ann-Maree (45)	BODYPUMP Studio 1 Kristy (55)		
7:30am						GRIT & CXWORX Studio 2 Bek (60)	
8:00am	Activate (Aqua) Studio 2 Karen P (55)		Activate (Aqua) Studio 2 Karyn-Joy (55)		Activate (Aqua) Studio 2 Karen P (55)	BODYBALANCE Studio 1 Jenn (55)	COMING SOON
9:15am						BODYPUMP Studio 1 Damara (55)	BODYPUMP Studio 1 Cath M (55)
9:30am	BODYPUMP Studio 1 Katie (55)	ForumFIT Studio 1 Kath H (55)	GRIT & CXWORX Studio 2 Bek (60)	Sculpt Studio 1 Kath H (55)	ForumFIT Studio 1 Kath H (55)		
12:15pm	GRIT & CORE Studio 2 Amanda (60)	BODYPUMP Studio 1 Amanda (55)	COMING SOON	BODYPUMP Studio 1 Cath M (55)	COMING SOON		
12:30pm	Skill Athletic - Brave Gym Joe	Skill Athletic - Boost Gym Alison	Skill Athletic - Boost Gym Mell				
5:00pm	BODYPUMP Studio 1 Kristy (55)	BODYBALANCE Studio 1 Christina (55)	BODYATTACK Studio 1 Katie (55)	BODYATTACK Studio 1 Blake (55)	BODYCOMBAT Studio 2 Sue (55)		
5:30pm	BODYATTACK Studio 2 Blake (55)	GRIT & CXWORX Studio 2 Dave H (60)	BODYPUMP Studio 2 Blake (55)	BODYPUMP Studio 2 Bek (55)	BODYATTACK Studio 1 Alan (55)		
6:00pm	RPM Cycle Studio Angie (45)	RPM Cycle Studio Damara (45)	Step Studio 1 Katie (45)	BODYBALANCE Studio 1 Sue (55)	BODYPUMP Studio 2 Gerard (55)		
6:30pm	BODYBALANCE Studio 1 Karen P (55)	Zumba (45) Studio 1 - Sophie Coming 08 September	RPM Cycle Studio Angie (45)		BODYBALANCE Studio 1 Jenn (55)		