

University Timetable

From 1 August 2022

Subject to change



NUSPORT
AT THE FORUM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	BODYATTACK Studio 1 (45)	BODYPUMP Studio 1 (60)	BODYCOMBAT Studio 1 (60)	GRIT Studio 2 (30)	BODYATTACK Studio 1 (45)		
6:15am		RPM Cycle Studio (45)					
6:45am				CORE Studio 2 (30)			
7:00am	BODYPUMP Studio 2 (60)	BODYBALANCE Studio 2 (60)	RPM Cycle Studio (45)	BODYBALANCE Studio 1 (60)	BODYPUMP Studio 1 (60)		
7:00am		AquaFIT Pool (45)		AquaFIT Pool (45)			
7:00am	SwimFIT Pool (60)	SwimFIT Pool (60)	SwimFIT Pool (60)	SwimFIT Pool (60)	SwimFIT Pool (60)		
7:30am						GRIT Studio 2 (30)	
8:00am						CORE Studio 2 (30)	
8:00am	ACTIVATE Studio 1 (60)		ACTIVATE Studio 1 (60)		AquaFIT Pool (45)	BODYBALANCE Studio 1 (60)	
8:15am							RPM Cycle Studio (45)
9:15am						BODYPUMP Studio 1 (55)	BODYPUMP Studio 1 (55)
9:30am	BODYPUMP Studio 1 (60)		GRIT Studio 2 (30)	SCULPT Studio 1 (60)	ForumFIT Studio 1 (60)		
9:30am	AquaFIT Pool (45)		AquaFIT Pool (45)				
10:00am			CORE Studio 2 (30)				
12:00pm	CORE Studio 2 (30)				RPM Express Cycle Studio (30)		
12:30pm			BODYBALANCE Studio 1 (45)				
4:30pm	Step & Sculpt Studio 1		BODYATTACK Studio 2 (60)				
5:15pm	BODYPUMP Studio 1 (60)	BODYCOMBAT Studio 2 (60)		BODYCOMBAT Studio 2 (60)			
5:30pm	BODYATTACK Studio 2 (60)		BODYPUMP Studio 1 (60)	BODYPUMP Studio 1 (60)	BODYATTACK Studio 1 (60)		
5:30pm			Step Moves Studio 2 (45)				
5:30pm	RPM Cycle Studio (45)	RPM Cycle Studio (45)	RPM Cycle Studio (45)	RPM Cycle Studio (45)			
6:00pm	SwimFIT Pool (60)	BODYPUMP Studio 1 (60)			SwimFIT Pool (60)		
6:15pm		ZUMBA Studio 2 (45)					
6:30pm				ZUMBA Studio 1 (45)			
6:30pm	BODYBALANCE Studio 1 (60)	AquaFIT Pool (45)	BODYBALANCE Studio 2 (60)	AquaFIT Pool (45)	BODYBALANCE Studio 1 (60)		

Harbourside Timetable
From 11 July 2022
 Subject to change



NUSPORT
 AT THE FORUM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am		SGT Express Studio/Gym (30)		SGT Express Studio/Gym (30)			
6:30am	RPM Cycle Studio (45)	BODYPUMP Studio (60)	RPM Cycle Studio (45)	BODYPUMP Studio (60)	RPM Cycle Studio (45)		
6:30am	HIIT Studio (30)		HIIT Studio (30)		HIIT Studio (30)		
7:15am						HIIT Studio (30)	
7:15am						RPM Cycle Studio (45)	
8:00am						ForumFIT Studio (60)	
8:30am				ACTIVATE Studio (60)			RPM Cycle Studio (45)
9:00am						BODYPUMP Studio (60)	
9:30am	SCULPT Studio (60)	SGT Studio/Gym (45)	ForumFIT Studio (60)	SGT Studio/Gym (45)	BODYPUMP Studio (60)		BODYBALANCE Studio (60)
11:00am	ACTIVATE Studio (60)						
12:15pm	SCULPT Studio (45)		SCULPT Studio (45)				
12:30pm		HIIT Studio (30)		BoxHIIT Studio (30)	SGT Express Studio/Gym (30)		
5:30pm	ZUMBA Studio (45)	BODYPUMP Studio (60)	BODYBALANCE Studio (60)	BODYPUMP Studio (60)			
5:30pm	RPM Cycle Studio (45)	RPM Cycle Studio (45)	RPM Cycle Studio (45) Ann-Maree	RPM Cycle Studio (45)			
6:30pm	BODYBALANCE Studio (60)	BODYBALANCE Studio (60)	ZUMBA Studio (45)				