

Harbourside Timetable

Current as of 19 September 2023



NUSPORT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am		SUNRISE SWEAT STUDIO 1 (30)		SUNRISE SWEAT STUDIO 1 (30)			
6.00am			SWEAT STUDIO 1 (30)				
6.30am	SWEAT STUDIO 1 (30)	BODYPUMP STUDIO 1 (60)		BODYPUMP STUDIO 1 (60)	SWEAT STUDIO 1 (30)		
6.30am	RPM CYCLE STUDIO (45)		RPM CYCLE STUDIO (45)		RPM CYCLE STUDIO (45)		
7.15am						HIIT Studio 1 (30)	
8.00am						RPM CYCLE STUDIO (45)	
8.00am						ForumFIT STUDIO 1 (60)	
8.30am	ForumFIT Starter STUDIO 1 (60)						RPM CYCLE STUDIO (45)
9.00am						BODYPUMP STUDIO 1 (60)	
9.30am	Sculpt STUDIO 1 (45)		ForumFIT STUDIO 1 (60)		BODYPUMP STUDIO 1 (60)		BODYBALANCE STUDIO 1 (60)
12.15pm	Sculpt STUDIO 1 (45)	HIIT Studio 1 (30)	Sculpt STUDIO 1 (45)	HIIT Studio 1 (30)			
5.30pm	ZUMBA STUDIO 1 (45)	BODYPUMP STUDIO 1 (60)	BODYBALANCE STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)			
5.30pm	RPM CYCLE STUDIO (45)		RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45)			
6.30pm	BODYBALANCE STUDIO 1 (60)	BODYBALANCE STUDIO 1 (60)	ZUMBA STUDIO 1(45)				

KEY	MIND & BODY	STRENGTH & CONDITIONING	CARDIO	HIIT
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*Subject to change.