

# University Timetable

Current as of 19 September 2023



**NUSPORT**

Time	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)	RETRO BODYATTACK STUDIO 1 (45)		
6.15am		RPM CYCLE STUDIO (45)					
6.45am				CORE STUDIO 2 (30)			
7.00am	BODYPUMP STUDIO 2 (60)	AquaFIT POOL (45)	RPM CYCLE STUDIO (45)	AquaFIT POOL (45)	BODYPUMP STUDIO 1 (60)		
7.00am	SwimFIT POOL (60)	SwimFIT POOL (60)	SwimFIT POOL (60)	SwimFIT POOL (60)	SwimFIT POOL (60)		
7.00am		BODYBALANCE STUDIO 2 (60)		BODYBALANCE STUDIO 1 (60)	ACTIVATE STUDIO 2 (45)		
7.30am						GRIT STUDIO 2 (30)	
8.00am					AquaFIT POOL (45)	CORE STUDIO 2 (30)	
8.00am	ACTIVATE STUDIO 1 (60)		ACTIVATE STUDIO 1 (60)			BODYBALANCE STUDIO 1 (60)	
8.15am							RPM CYCLE STUDIO (45)
9.15am						BODYPUMP STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)
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)				
12.30pm			BODYBALANCE STUDIO 1 (60)		RPM Express CYCLE STUDIO (30)		
12.30pm	SWEAT GYM FLOOR (30)	SWEAT GYM FLOOR (30)	SWEAT GYM FLOOR (30)	SWEAT GYM FLOOR (30)			
4.30pm	Step & Sculpt STUDIO 1 (45)						
5.15pm	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)					
5.30pm	BODYATTACK STUDIO 2 (60)		BODYPUMP STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)		
5.30pm			Step Moves STUDIO 2 (60)	BODYCOMBAT STUDIO 2 (60)			
5.30pm	RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45)				
6.00pm	SwimFIT POOL (60)	BODYPUMP STUDIO 1 (60)			SwimFIT POOL (60)		
6.30pm		ZUMBA STUDIO 2 (45)		ZUMBA STUDIO 1 (45)			
6.30pm	BODYBALANCE STUDIO 1 (60)	AquaFIT POOL (45)	BODYBALANCE STUDIO 2 (60)	AquaFIT POOL (45)	BODYBALANCE STUDIO 1 (60)		

## NUtrain

Our NUsport trainers have created a small group training program to meet the needs and wants of our members to improve strength, cardiovascular fitness and lifting technique!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	LIFT Gym Floor (45)	CROSS Gym Floor (45)	LIFT Gym Floor (45)	CROSS Gym Floor (45)	LIFT Gym Floor (45)		
7.30am	CROSS Gym Floor (45)		CROSS Gym Floor (45)				
8.00am						CROSS Gym Floor (45)	

KEY

LOW IMPACT & MOBILITY

MIND & BODY

STRENGTH

STRENGTH & CONDITIONING

CARDIO

HIIT

\*Subject to change.