

University Timetable

1 January - 7 January 2024



NUSPORT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am			BODYPUMP STUDIO 1 (60)		RETRO BODYATTACK STUDIO 1 (45)		
6.15am		RPM CYCLE STUDIO (45)					
7.00am		AquaFIT POOL (45)		AquaFIT POOL (45)	BODYPUMP STUDIO 1 (60)		
7.00am		SwimFIT POOL (60)	SwimFIT POOL (60)	SwimFIT POOL (60)	SwimFIT POOL (60)		
7.00am		BODYBALANCE STUDIO 2 (60)	ACTIVATE STUDIO 1 (60)	BODYBALANCE STUDIO 1 (60)	ACTIVATE STUDIO 2 (45)		
8.00am			AquaFIT POOL (45)		AquaFIT POOL (45)	BODYBALANCE STUDIO 1 (60)	
8.15am							
9.15am							
9.30am				Sculpt STUDIO 1 (60)	ForumFIT STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)	
5.15pm		BODYATTACK STUDIO 1 (45)					
5.30pm			BODYPUMP STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)		
5.30pm			Step Moves STUDIO 2 (60)				
5.30pm		RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45)				
6.00pm		BODYPUMP STUDIO 1 (60)			SwimFIT POOL (60)		
6.30pm		ZUMBA STUDIO 2 (45)					
6.30pm		AquaFIT POOL (45)	BODYBALANCE STUDIO 2 (60)	AquaFIT POOL (45)	BODYBALANCE STUDIO 1 (60)		

KEY	LOW IMPACT & MOBILITY	MIND & BODY	STRENGTH	STRENGTH & CONDITIONING	CARDIO	HIIT
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Bookings are essential to ensure that you are kept up to date with any amendments or cancellations.
Subject to change.