

University Timetable

18 December - 24 December 2023



NUSPORT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	BODYATTACK STUDIO 1 (45)	RPM CYCLE STUDIO (45)	BODYPUMP STUDIO 1 (60)				
7.00am		AquaFIT POOL (45)		AquaFIT POOL (45)	BODYPUMP STUDIO 1 (60)		
7.00am		BODYBALANCE STUDIO 2 (60)	ACTIVATE STUDIO 1 (60)	BODYBALANCE STUDIO 1 (60)	ACTIVATE STUDIO 2 (45)		
8.00am	ACTIVATE STUDIO 1 (60)		AquaFIT POOL (45)		AquaFIT POOL (45)	BODYBALANCE STUDIO 1 (60)	
9.30am	BODYPUMP STUDIO 1 (60)			Sculpt STUDIO 1 (60)	ForumFIT STUDIO 1 (60)		
4.30pm							
5.15pm	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)					
5.30pm			BODYPUMP STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)		
5.30pm	BODYATTACK STUDIO 2 (45)		Step Moves STUDIO 2 (60)				
5.30pm	RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45)				
6.00pm		BODYPUMP STUDIO 1 (60)					
6.30pm		ZUMBA STUDIO 2 (45)					
6.30pm	BODYBALANCE STUDIO 1 (60)	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.