

# University Timetable

25 December - 31 December 2023



NUSPORT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am					BODYPUMP STUDIO 1 (60)		
7.00am			ACTIVATE STUDIO 1 (60)	BODYBALANCE STUDIO 1 (60)	ACTIVATE STUDIO 2 (45)		
8.00am			AquaFIT POOL (45)		AquaFIT POOL (45)		
9.30am				Sculpt STUDIO 1 (60)	ForumFIT STUDIO 1 (60)		
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)				

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.