

# University Timetable

8 January - 29 January 2024



NUSPORT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	BODYATTACK STUDIO 1 (45)		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		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)	ACTIVATE STUDIO 1 (60)	BODYBALANCE STUDIO 1 (60)	ACTIVATE STUDIO 2 (45)		
7.30am						GRIT STUDIO 2 (30)	
8.00am						CORE STUDIO 2 (30)	
8.00am	ACTIVATE STUDIO 1 (60)		AquaFIT POOL (45)		AquaFIT POOL (45)	BODYBALANCE STUDIO 1 (60)	
8.15am							RPM CYCLE STUDIO (45)
9.15am							BODYPUMP STUDIO 1 (60)
9.30am	BODYPUMP STUDIO 1 (60)		GRIT STUDIO 2 (30)	Sculpt STUDIO 1 (60)	ForumFIT STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)	
10.00am			CORE STUDIO 2 (30)				
4.30pm	Step & Sculpt STUDIO 1 (45)						
5.15pm	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)					
5.30pm	BODYATTACK STUDIO 2 (45)		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)	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)		
12.30pm	SWEAT GYM FLOOR (30)	SWEAT GYM FLOOR (30)	SWEAT GYM FLOOR (30)	SWEAT GYM FLOOR (30)			

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.