

Harbourside Timetable

Current as of 23 August 2024



NUSPORT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am		SUNRISE SWEAT STUDIO 1 (30)		SUNRISE SWEAT STUDIO 1 (30)			
6.00am	SWEAT STUDIO 1 (30)		SWEAT STUDIO 1 (30)		SWEAT STUDIO 1 (30)		
6.30am		BODYPUMP STUDIO 1 (60)		BODYPUMP STUDIO 1 (60)			
6.30am	RPM CYCLE STUDIO (45)		RPM CYCLE STUDIO (45)		RPM CYCLE STUDIO (45)		
7.15am						HIIT Studio 1 (30)	
8.00am						RPM CYCLE STUDIO (45)	
8.00am						ForumFIT STUDIO 1 (60)	
8.30am	ForumFIT Starter STUDIO 1 (60)						RPM CYCLE STUDIO (45)
9.00am						BODYPUMP STUDIO 1 (60)	
9.30am	Sculpt STUDIO 1 (45)		ForumFIT STUDIO 1 (60)				BODYBALANCE STUDIO 1 (60)
12.15pm	Sculpt STUDIO 1 (45)	HIIT Studio 1 (30)	Sculpt STUDIO 1 (45)	Box HIIT Studio 1 (45)	BODYPUMP STUDIO 1 (60)		
5.30pm	ZUMBA STUDIO 1 (45)	BODYPUMP STUDIO 1 (60)	BODYBALANCE STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)			
5.30pm	RPM CYCLE STUDIO (45)		RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45)			
6.30pm	BODYBALANCE STUDIO 1 (60)	BODYBALANCE STUDIO 1 (60)	ZUMBA STUDIO 1(45)				

KEY

MIND & BODY

STRENGTH &
CONDITIONING

CARDIO

HIIT

*Subject to change.