

# University Holiday Timetable

16 December - 22 December 2024



**NUSPORT**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	BODYATTACK STUDIO 1 (45)	BODYPUMP STUDIO 1 (60)	BODYCOMBAT STUDIO 1 (60)				
7.00am	BODYPUMP STUDIO 2 (60)	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)		BODYBALANCE STUDIO 1 (60)	ACTIVATE STUDIO 2 (45)		
7.30am						GRIT STUDIO 2 (30)	
8.00am					AquaFIT POOL (45)	CORE STUDIO 2 (30)	AquaFIT POOL (45)
8.00am	ACTIVATE STUDIO 1 (60)		ACTIVATE STUDIO 1 (60)			BODYBALANCE STUDIO 1 (60)	
8.15am							
9.15am	AquaFIT POOL (45)		AquaFIT POOL (45)				BODYPUMP STUDIO 1 (60)
9.30am	BODYPUMP STUDIO 1 (60)		GRIT STUDIO 2 (30)		ForumFIT STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)	
10.00am			CORE STUDIO 2 (30)				
12.30pm			BODYBALANCE STUDIO 1 (60)				
12.30pm	SWEAT GYM FLOOR (30)	SWEAT GYM FLOOR (30)	SWEAT GYM FLOOR (30)	SWEAT GYM FLOOR (30)			
4.30pm	Step & Sculpt STUDIO 1 (45)						
5.15pm	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)					
5.30pm	BODYATTACK STUDIO 2 (60)		Step Moves STUDIO 2 (60)	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)		
5.30pm		RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45)	BODYCOMBAT STUDIO 2 (60)			
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)		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)		
7.00am		NU RECOVER Gym Floor (15)	CROSS Gym Floor (45)	NU RECOVER Gym Floor (15)	NU RECOVER Gym Floor (15)		
8.30am						NU RECOVER Gym Floor (15)	

KEY	LOW IMPACT & MOBILITY	MIND & BODY	STRENGTH	STRENGTH & CONDITIONING	CARDIO	HIIT
-----	-----------------------	-------------	----------	-------------------------	--------	------

\*Subject to change.

# University Holiday Timetable

23 December - 29 December 2024



NUSPORT

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	BODYATTACK STUDIO 1 (45)	BODYPUMP STUDIO 1 (60)					
7.00am		AquaFIT POOL (45)					
7.00am		BODYBALANCE STUDIO 2 (60)	Christmas Day CLOSED	Boxing Day CLOSED			
7.15am					BODYPUMP STUDIO 1 (60)		
8.00am	ACTIVATE STUDIO 1 (60)				AquaFIT POOL (45)	BODYBALANCE STUDIO 1 (60)	
9.15am	AquaFIT POOL (45)						BODYPUMP STUDIO 1 (60)
9.30am	BODYPUMP STUDIO 1 (60)						
5.15pm	BODYPUMP STUDIO 1 (60)						
5.30pm	BODYATTACK STUDIO 2 (60)						
6.30pm	BODYBALANCE STUDIO 1 (60)						

## NUtrain

Not scheduled during this period

KEY	LOW IMPACT & MOBILITY	MIND & BODY	STRENGTH	STRENGTH & CONDITIONING	CARDIO	HIIT
-----	-----------------------	-------------	----------	-------------------------	--------	------

\*Subject to change.

# University Holiday Timetable

30 December 2024 - 5 January 2025



**NUSPORT**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am	BODYPUMP STUDIO 2 (60)	BODYBALANCE STUDIO 2 (60)	<b>New Year's Day CLOSED</b>	BODYBALANCE STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)		
8.00am					AquaFIT POOL (45)	BODYBALANCE STUDIO 1 (60)	
9.15am	AquaFIT POOL (45)						BODYPUMP STUDIO 1 (60)
5.15pm	BODYPUMP STUDIO 1 (60)						
5.30pm	BODYATTACK STUDIO 2 (60)					BODYATTACK STUDIO 1 (45)	
5.30pm					BODYCOMBAT STUDIO 2 (60)		
5.30pm					ZUMBA STUDIO 1 (45)		

## NUtrain

Not scheduled during this period.

KEY	LOW IMPACT & MOBILITY	MIND & BODY	STRENGTH	STRENGTH & CONDITIONING	CARDIO	HIIT
-----	-----------------------	-------------	----------	-------------------------	--------	------

\*Subject to change.

# University Holiday Timetable

6 January - 12 January 2025



**NUSPORT**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	BODYATTACK STUDIO 1 (45)	BODYPUMP 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	BODYPUMP STUDIO 2 (60)	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 1 (60)	ACTIVATE STUDIO 2 (45)		
7.30am						GRIT STUDIO 2 (30)	
8.00am					AquaFIT POOL (45)	CORE STUDIO 2 (30)	
8.00am	ACTIVATE STUDIO 1 (60)		ACTIVATE STUDIO 1 (60)			BODYBALANCE STUDIO 1 (60)	
8.15am							RPM CYCLE STUDIO (45)
9.15am	AquaFIT POOL (45)		AquaFIT POOL (45)				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 (60)		BODYPUMP STUDIO 1 (60)	BODYPUMP STUDIO 1 (60)	BODYATTACK STUDIO 1 (45)		
5.30pm			Step Moves STUDIO 2 (60)	BODYCOMBAT 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)		BODYBALANCE STUDIO 1 (60)		

## NUtrain

Not scheduled during this period.

KEY	LOW IMPACT & MOBILITY	MIND & BODY	STRENGTH	STRENGTH & CONDITIONING	CARDIO	HIIT
-----	-----------------------	-------------	----------	-------------------------	--------	------

\*Subject to change.