

University Timetable

UNIVERSITY OF
NEWCASTLE

NUSPORT

GROUP FITNESS AND SMALL GROUP TRAINING SESSIONS

Current as of 2 February 2026

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------------------------------|---------------------------------|------------------------------|----------------------------------|------------------------------|------------------------------|-----------------------------|
| 6.00am | NU TRAIN Gym Floor (60) | | NU TRAIN Gym Floor (60) | | NU TRAIN Gym Floor (60) | | |
| 6.15am | BODYATTACK STUDIO 1 (45) | BODYPUMP STUDIO 1 (60) | | ★ STEP Cardio STUDIO 1 (45) | BODYPUMP STUDIO 1 (60) | | |
| 6.15am | RPM STUDIO 2 (45) | | | | RPM STUDIO 2 (45) | | |
| 7.00am | | | ★ PILATES STUDIO 1 (45) | | | | |
| 7.00am | | BODYBALANCE STUDIO 2 (60) | RPM STUDIO 2 (45) | BODYBALANCE STUDIO 2 (60) | ACTIVATE STUDIO 2 (45) | | |
| 7.00am | SwimFIT POOL (60) | SwimFIT POOL (60) | SwimFIT POOL (60) | SwimFIT POOL (60) | SwimFIT POOL (60) | | |
| 7.15am | | | | | ★ PILATES STUDIO 1 (45) | | |
| 7.30am | | | | | | GRIT STUDIO 2 (30) | |
| 8.00am | ACTIVATE STUDIO 1 (60) | | ACTIVATE STUDIO 1 (45) | | | CORE STUDIO 2 (30) | |
| 8.00am | | | | | | BODYBALANCE STUDIO 1 (60) | |
| 8.15am | | | | | | | RPM STUDIO 2 (45) |
| 8.15am | | | | | | | BODYATTACK STUDIO 1 (45) |
| 9.15am | | | | | | | BODYPUMP STUDIO 1 (60) |
| 9.30am | BODYPUMP STUDIO 1 (60) | | GRIT STUDIO 2 (30) | Sculpt STUDIO 1 (60) | Fusion STUDIO 1 (60) | BODYPUMP STUDIO 1 (60) | |
| 10.00am | | | CORE STUDIO 2 (30) | | | | |
| 12.15pm | | ★ HIIT Circuit STUDIO 2 (30) | BODYATTACK STUDIO 1 (30) | HIIT Strength STUDIO 2 (30) ★ | | | |
| 3.00pm | ★ AquaFIT POOL (45) | | ★ AquaFIT POOL (45) | | ★ AquaFIT POOL (45) | | |
| 4.30pm | Step & Sculpt STUDIO 1 (45) | | | | | BODYPUMP STUDIO 2 (60) | |
| 4.30pm | GRIT STUDIO 2 (30) | | | GRIT STUDIO 2 (30) | | | |
| 5.00pm | CORE STUDIO 2 (30) | | | CORE STUDIO 2 (30) | | | |
| 5.30pm | BODYPUMP STUDIO 1 (60) | BODYATTACK STUDIO 1 (45) | BODYPUMP STUDIO 1 (60) | BODYPUMP STUDIO 1 (60) | BODYATTACK STUDIO 1 (60) | | |
| 5.30pm | BODYATTACK STUDIO 2 (60) | BODYPUMP STUDIO 1 (60) | Step Moves STUDIO 2 (45) | | | | |
| 5.45pm | | | | ★ PILATES STUDIO 2 (45) | | | |
| 6.00pm | SwimFIT POOL (60) | | SwimFIT POOL (60) | | SwimFIT POOL (60) | | |
| 6:30pm | | ★ PILATES STUDIO 1 (45) | | | | | |
| 6.30pm | | AquaFIT POOL (45) | | AquaFIT POOL (45) | | | |
| 6.40pm | BODYBALANCE STUDIO 1 (60) | ZUMBA STUDIO 2 (60) | BODYBALANCE STUDIO 1 (60) | ZUMBA STUDIO 1 (60) | BODYBALANCE STUDIO 1 (60) | | |

CLASS KEY - Find the style of class for you

| KEY | LOW IMPACT & MOBILITY | MIND & BODY | CARDIO | HIIT | STRENGTH & CONDITIONING | STRENGTH | WATER RESISTANCE |
|-----|-----------------------|-------------|------------|----------|-------------------------|----------|------------------|
| | ACTIVATE | BODYBALANCE | RPM | GRIT | BODYPUMP | NU TRAIN | AquaFIT |
| | AquaFIT | PILATES | ZUMBA | NU SWEAT | Sculpt | | SwimFIT |
| | | | Fusion | HIIT | CORE | | |
| | | | BODYATTACK | | Step & Sculpt | | |
| | | | Step Moves | | | | |

PLEASE NOTE: This timetable is subject to change during holiday periods and may be adjusted due to staffing changes or other unforeseen circumstances. It is mandatory members book classes through our website to access the most up to date schedule and receive notifications of any last minute changes.