Harbourside Timetable

UNIVERSITY OF NEWCASTLE | NUSPORT

GROUP FITNESS SESSIONS

Current as of 17 November 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am					HIIT STUDIO 1 (30)		
6:15am	RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45) ★	RPM CYCLE STUDIO (45)	BODYPUMP STUDIO 1 (60)	RPM CYCLE STUDIO (45)		
6:15am		Sculpt STUDIO 1 (45)					
7:00am			BODYBALANCE STUDIO 1 (60) ★				
7.10am		PILATES STUDIO 1 (45)			PILATES STUDIO 1 (45)		
7.15am						HIIT STUDIO 1 (30) ★	
7.30am				Box Fit STUDIO 1 (45)			
8.00am						RPM CYCLE STUDIO (45)	
8.00am						PILATES STUDIO 1 (45)	
8.30am							RPM CYCLE STUDIO (45)
9.00am						BODYPUMP STUDIO 1 (60)	
9.30am	Sculpt STUDIO 1 (60)	ACTIVATE STUDIO 1 (45) ★	Fusion STUDIO 1 (60)		ACTIVATE STUDIO 1 (45)		
12.15pm	Exp Sculpt STUDIO 1 (45)	HIIT Studio 1 (30)	Express Sculpt STUDIO 1 (45)	PILATES STUDIO 1 (45)	BODYPUMP STUDIO 1 (60) ★		
5.30pm	ZUMBA STUDIO 1 (45)	BODYPUMP STUDIO 1 (60)	ZUMBA STUDIO 1 (45)	BODYPUMP STUDIO 1 (60)			
5.30pm	RPM CYCLE STUDIO (45)		RPM CYCLE STUDIO (45)	RPM CYCLE STUDIO (45)			
6.40pm		BODYBALANCE STUDIO 1 (60)					

CLASS KEY - Find the style of class for you

- MIND & BODY
- BODYBALANCE
- PILATES
- CARDIO
- RPM
- ZUMBA
- Fusion
- Box Fit
- ACTIVATE
- HIIT
- HIIT
- STRENGTH & CONDITIONING
- BODYPUMP
- Sculpt

★ New Class

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.