



Bournemouth University

Welcome back!

We can't wait to see everyone again!

SportBU

7-13 Sept 2020

Monday	12.30-1pm	Xpress Spin	Studio 1 Helen P
	12-12.45pm	Pilates	Studio 1 Nikki S
	1-1.55pm	Legs, Bums & Tums	Sports Hall Rachel K
	12-12.30pm	Xpress Spin	Studio 1 Helen P
	12.45-1.15pm	HIIT	Studio 1 Helen P
Tuesday	12.30-1pm	Xpress Spin	Studio 1 Rachel K
	1.15-1.45pm	Xpress Abs & Core	Studio 1 Rachel K
Wednesday	12-12.30pm	Xpress Spin	Studio 1 Nikki S
	12.45-1.15pm	Xpress Abs & Core	Studio 1 Nikki S
Thursday	12.30-1pm	Xpress Spin	Studio 1 Rachel K
	12.45-1.15pm	Xpress Abs & Core	Studio 1 Nikki S
Friday	12-12.30pm	Xpress Spin	Studio 1 Nikki S
	12.45-1.15pm	Xpress Abs & Core	Studio 1 Nikki S

14-30 Sept 2020

Monday	12.30-1pm	Xpress Spin	Studio 1 Helen P	5-6pm	Zumba	Sports Hall Emma S
	12-12.45pm	Pilates	Studio 1 Nikki S	1-1.55pm	Legs, Bums & Tums	Sports Hall Rachel K
Tuesday	12-12.30pm	Xpress Spin	Studio 1 Helen P	5.30-6.30pm	Yoga	Studio 1 Rebecca T
	12.45-1.15pm	HIIT	Studio 1 Helen P	5.30-6.30pm	Legs, Bums & Tums	Sports Hall Emma S
Wednesday	12.30-1pm	Xpress Spin	Studio 1 Rachel K	1.15-1.45pm	Xpress Abs & Core	Studio 1 Rachel K
	8-8.30am	Xpress Spin	Studio 1 Rosie M	12-12.30pm	Xpress Spin	Sports Hall Nikki S
Thursday	12.30-1pm	Xpress Spin	Studio 1 Rachel K	5-6pm	Zumba	Sports Hall Rosie T
	12.45-1pm	Xpress Abs & Core	Studio 1 Nikki S	12.45-1pm	Xpress Abs & Core	Studio 1 Nikki S
Friday	12-12.30pm	Xpress Spin	Studio 1 Nikki S	12.45-1pm	Xpress Abs & Core	Studio 1 Nikki S
	12.45-1.15pm	Xpress Abs & Core	Studio 1 Nikki S			

Saturday	11.30-12am	Xpress Spin	Studio 1 Rachel K	12.15-12.45am	Xpress Abs & Core	Studio 1 Rachel K
	10.30-11.30am	Yoga	Studio 1 Sue P			



Live online classes for premium members starting 14 September

Relax and Recover
Spinning
Cardio and Conditioning
Muscle Toning

Bring your own mats for Yoga/ LBT & Pilates

Book at www.bournemouth.ac.uk/join-sportbu; via the iBU App or call 01202 965012