

# Group Fitness 2021 Talbot Campus

<b>Monday</b>	12.30-1pm <b>Xpress Spin</b> Spin City Helen R	1-1.30pm <b>Total Body Conditioning</b> Studio 2 Helen R	4.30-5pm <b>Xpress Spin</b> Spin City Emma	5-6pm <b>Pump</b> Studio 2 Emma	5.30-6.30pm <b>Zumba</b> Studio 1 Wendoly	6-7pm <b>Trim and Tone</b> Studio 2 Emma	6.30-7.30pm <b>Yoga</b> Studio 1 Silvi		
	12-12.30pm <b>Xpress Spin</b> Spin City Rachel	12-12.45pm <b>Pilates</b> Studio 1 Nikki	12.30-1pm <b>Xpress Abs &amp; Core</b> Studio 2 Rachel	1-2pm <b>Legs, Bums &amp; Tums</b> Studio 1 Rachel	1-2pm <b>Zumba</b> Studio 2 Roxy	4-5pm <b>Boxfit</b> Studio 1 Jason	5-5.30pm <b>Xpress Spin</b> Spin City Rosie	5-5.45pm <b>Bootcamp Blitz</b> Studio 2 Jason	5-6pm <b>Strength &amp; Conditioning</b> Performance Suite Dani
<b>Tuesday</b>	8-8.30am <b>Xpress Spin</b> Spin City Helen R	12-12.30pm <b>Xpress Spin</b> Spin City Helen P	12.30-1pm <b>Total Body Conditioning</b> Studio 1 Helen P	1.30-2.30pm <b>Yoga</b> Studio 1 Melsia	1.30-2.30pm <b>Pump</b> Studio 2 Louise	4.30-5pm <b>Xpress Spin</b> Spin City Simon	5-5.30pm <b>Ab Attack</b> Studio 2 Simon	5.30-6.30pm <b>Legs, Bums &amp; Tums</b> Studio 1 Nikki	6.30-7.25pm <b>Pilates</b> Studio 1 Nikki
	12.30-1pm <b>Xpress Spin</b> Spin City Simon	1-2pm <b>Pump</b> Studio 1 Rachel	4.30-5pm <b>Xpress Spin</b> Spin City Jason	5-5.30pm <b>Xpress Abs &amp; Core</b> Studio 1 Jason	5-6pm <b>Total Body Conditioning</b> Studio 2 Louise	5.30-6.30pm <b>Circuits</b> Studio 1 Jason	6-7pm <b>Yoga</b> Studio 1 Melsia		
<b>Wednesday</b>	8-8.30am <b>Xpress Spin</b> Spin City Rosie	12-12.30pm <b>Xpress Spin</b> Spin City Nikki	12.30-1pm <b>Xpress Abs &amp; Core</b> Studio 1 Nikki	1-1.45pm <b>Pilates</b> Studio 2 Nikki	5-6pm <b>Pump</b> Studio 2 Helen R	6-6.30pm <b>Ab Attack</b> Studio 2 Helen R			
	9.30-10am <b>Xpress Spin</b> Spin City Rachel	10-10.30am <b>Xpress Abs &amp; Core</b> Studio 1 Rachel	10.30-11.30am <b>Full Body Fitness</b> Studio 1 Rachel	12-1pm <b>Zumba</b> Studio 1 Wendoly					
<b>Thursday</b>	10-11am <b>Yoga</b> Studio 1 Sue								

Relax and Recover
Spinning
Cardio and Conditioning
Muscle Toning

## Check out some of our other services



FREE 'Wellbeing Hub' content on the SportBU website

Refer a friend discounts and bring a friend for free each month

Free inductions for all Members



Massage, Chiropractic and Physiotherapy Treatments

Individual & Blocks of Personal Training sessions

Download SportBU's Advagym App for 100's of FREE training plans and training tips



# Campus Sport 2021 Talbot Campus

<b>Monday</b>	1-2pm <b>Badminton</b> Sports Hall	4-6pm <b>Badminton</b> Sports Hall	8-9pm <b>Karate</b> Studio 2						
<b>Tuesday</b>	12-1pm <b>Staff Football</b> Astro pitches	4-6pm <b>Netball</b> Sports Hall	5-6.30pm <b>Archery</b> Chapel Gate	6-7pm <b>Pole Fitness</b> Studio 2	6.30-7.30pm <b>Boxing</b> Studio 1	7-8pm <b>Pole Fitness</b> Studio 2	7.30-8.30pm <b>Boxing</b> Studio 1		
<b>Wednesday</b>	10am-4pm <b>11-a-side Football</b> Slades Farm/ Chapel Gate	12-6pm <b>5-a-side Football</b> Astro pitches	12-2pm <b>Netball</b> Chapel Gate	2-4pm <b>Touch Rugby</b> Chapel Gate	2-3pm <b>Squash</b> Chapel Gate	2-4pm <b>Tennis</b> Victoria Avenue	2.30-4pm <b>Table Tennis</b> Studio 1	4-5.30pm <b>Table Tennis</b> Studio 1	6-7pm <b>Pole Fitness</b> Studio 2
<b>Thursday</b>	12-1pm <b>Staff Badminton</b> Sports Hall	5-6pm <b>Netball</b> Sports Hall	6-7pm <b>Badminton</b> Sports Hall	6-7pm <b>Air Rifle Shooting</b> Chapel Gate	6-7pm <b>Trampolining</b> Sports Hall	7-8pm <b>Short Tennis</b> Sports Hall	7-8pm <b>Karate</b> Studio 2		
<b>Friday</b>	4-6pm <b>Freshers 5-a-side Football</b> Astro pitches								
<b>Saturday</b>	9-10am <b>BU Runners: Park Run</b> Kings Park								
<b>Sunday</b>	10am-6pm <b>5-a-side Football</b> Astro pitches								

**For more information please visit our website, or email [campussport@bournemouth.ac.uk](mailto:campussport@bournemouth.ac.uk)**

**Campus League Offer**  
 'Astro booking package' exclusive for League teams: 3 Hours = £30 off peak hours only  
 All leagues have limited spaces and are sold on a first come, first served basis.

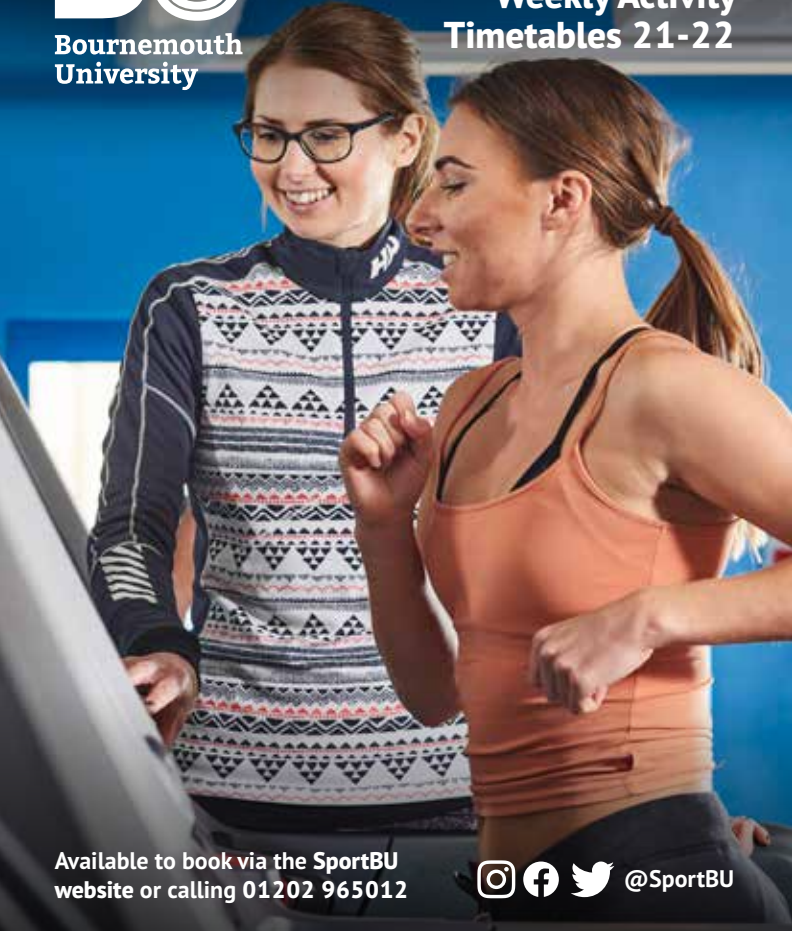
- Campus Pay and Play
- Campus Courses
- Campus Clubs
- Campus Leagues
- Campus Colleague

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[www.bournemouth.ac.uk/sportbu/campussport](http://www.bournemouth.ac.uk/sportbu/campussport)



# SportBU

Weekly Activity Timetables 21-22



Available to book via the SportBU website or calling 01202 965012

