

Group Fitness 2022 Talbot Campus

Monday	12.30-1pm Spin Spin Studio Helen R	1-1.30pm Tone Studio 2 Helen R	4.30-5pm Spin Spin Studio Emma	5-6pm Pump Studio 2 Emma	5.30-6.30pm Zumba Studio 1 Wendoly	6.30-7.30pm Yoga Studio 1 Silvi			
	12-12.30pm Spin Spin Studio Rachel	12-12.45pm Pilates Studio 1 Nikki	12.30-1pm Core Studio 2 Rachel	1-2pm Sculpt Studio 1 Rachel	1-2pm Pump Studio 2 Louise	4-5pm Boxfit Studio 1 Jason	5-5.30pm Spin Spin Studio Rosie	5-6pm Strength & conditioning Performance Suite Dani	
Tuesday	8-8.30am Spin Spin Studio Helen R	12-12.30pm Spin Spin Studio Helen P	12.30-1pm Core Studio 1 Helen P	1.30-2.30pm Yoga Studio 1 Melsia	4.30-5pm Spin Spin Studio Simon	5-5.30pm Core Studio 1 Simon	5.30-6.30pm Sculpt Studio 1 Nikki	6.30-7.25pm Pilates Studio 1 Nikki	
	12.30-1pm Spin Spin Studio Simon	1-2pm Pump Studio 1 Rachel	4.30-5pm Spin Spin Studio Jason	5-5.30pm Core Studio 1 Jason	5-6pm Tone Studio 2 Louise	6-7pm Yoga Studio 1 Melsia			
Wednesday	8-8.30am Spin Spin Studio Rosie	12-12.30pm Spin Spin Studio Nikki	12.30-1pm Core Studio 1 Nikki	1-1.45pm Pilates Studio 1 Nikki	5-6pm Pump Studio 1 Helen R	6-6.30pm Core Studio 1 Helen R			
	9.30-10am Spin Spin Studio Rachel	10-10.30am Core Studio 1 Rachel	10.30-11.30am Pump Studio 1 Rachel	12-1pm Zumba Studio 1 Wendoly					
Thursday	10-11am Yoga Studio 1 Sue								

Class descriptions

Tone

A fun and varied class designed to tone and condition your entire body.

Sculpt

A class designed for the lower body, feel the burn in your abs, glutes and legs!

Yoga

A relaxing class that helps improve flexibility, posture and balance.

Pilates

This class concentrates on strengthening the body with an emphasis on core strength. Helps to improve general fitness and overall wellbeing.

Zumba

An exciting fusion of interval training and dance influenced steps. Full of Latin zest and fun for everyone!

Core

Focusing on exercises that work on abdominal area and improve core stability.

Spin

A high energy indoor cycling class with a mixture of hills and sprints where you control the resistance.

Pump

A high repetition barbell class where you pick your weight. Designed to strengthen and tone your entire body.

Strength & Conditioning

Taken by one of our highly qualified Personal Trainers in the Performance suite. Perfect your compound exercises including squats and deadlifts along with upper body.

Boxfit

A high intensity full body workout using the technique and movements from Thai Boxing including punches, elbows and kicks as well as abdominal work.

**HARDER.
BETTER.
FASTER.
STRONGER.**

www.bournemouth.ac.uk/sportbu/classes