

# Running from 27 June - 18 September 2022



<b>Monday</b>	12.30-1pm <b>Spin</b> Spin Studio Helen R	5-6pm <b>Pump</b> Studio 2 Helen R	5.30-6.30pm <b>Zumba</b> Studio 1 Wendoly	6.30-7.30pm <b>Yoga</b> Studio 1 Sharon	
<b>Tuesday</b>	12.30-1pm <b>Spin</b> Spin City Rachel	12-12.45pm <b>Pilates</b> Studio 1 Nikki	1-2pm <b>Legs, bums and tums</b> Studio 1 Rachel	5-5.30pm <b>Spin</b> Spin Studio Rosie	
<b>Wednesday</b>	12-12.30pm <b>Spin</b> Spin Studio Helen P	12.30-1pm <b>Abs and core</b> Studio 1 Helen P	1.30-2.30pm <b>Yoga</b> Studio 1 Silvia	5.25-6.25pm <b>Legs, bums and tums</b> Studio 1 Nikki	6.25-7.25pm <b>Pilates</b> Studio 1 Nikki
<b>Thursday</b>	1-2pm <b>Pump</b> Studio 1 Rachel	5-5.30pm <b>Spin</b> Studio 1 Simon	5.30-6pm <b>Abs and core</b> Studio 1 Simon	6-7pm <b>Yoga</b> Studio 1 Melsia	
<b>Friday</b>	12-12.30pm <b>Spin</b> Spin Studio Nikki	12.30-1.15pm <b>Pilates</b> Studio 1 Nikki	5-6pm <b>Pump</b> Studio 1 Helen R	6-6.30pm <b>Abs and core</b> Studio 1 Helen R	
<b>Saturday</b>	9.30-10am <b>Spin</b> Spin Studio Rachel	10-10.30am <b>Abs and core</b> Studio 1 Rachel	10.30-11.30am <b>Pump</b> Studio 1 Rachel	12-1pm <b>Zumba</b> Studio 1 Wendoly	
<b>Sunday</b>					



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**Out-of-term-time  
fitness timetable**

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