

Campus Sport 2024 Talbot Campus

Monday	12-1pm Football Astro pitches	1-2pm Badminton Sports Hall	4-5:30pm Badminton Sports Hall	7:30-8:30pm Fencing Studio 1	8-9pm Karate Studio 2				
Tuesday	12-12:30pm Wellness Walk and Talk Talbot Courtyard	12-1pm Pop-up sport Talbot Courtyard	4-5:30pm Netball Sports Hall	5-6pm Football Astro pitches	6-7pm Pole fitness Studio 2	5:45-7:15pm Handball Sports Hall	7-8pm Boxing Studio 1	7-8pm Pole Fitness Studio 2	7:30-8:30pm Basketball Sports Hall
Wednesday	12-4pm 11-a-side football Chapel Gate	1-4pm 5-a-side Football Astro Pitches	1-5pm 9-a-side football Chapel Gate	12:15-1:45pm Tennis Victoria Avenue	2-4pm Golf Parley Golf Centre	2-3:30pm Tennis Victoria Avenue	2-3:30pm Netball Chapel Gate	4-6pm Women's 5-a-side league Astro Pitches	6-7pm Pole-Fitness Studio 2
Thursday	12-1pm Badminton Sports Hall	5-6pm Netball Sports Hall	6-7pm Badminton Sports Hall	6-7pm Kickboxing Studio 2	7-8pm Karate Studio 2	<div><div>Email campussport@ bournemouth.ac.uk for more information on: Bowls, Orienteering Paddleboarding Running Surfing</div></div>			
Friday									
Saturday	9am Park Run Poole Park	5:30-7pm Basketball Sports Hall							
Sunday	12-2pm 5-a-side football Astro pitches	12-1pm Kwik Cricket Sports Hall	1-2pm Badminton Sports Hall	2-3:30pm Volleyball Sports Hall	2-6pm Freshers 5s football Astro pitches	6-7pm 7-a-side football Chapel Gate			

Social Media

Campus

Campus

Campus

Vibrant

www.bournemouth.ac.uk

Email campussport@bournemouth.ac.uk for more information on:
Bowls, Orienteering
Paddleboarding
Running
Surfing

- Social Clubs
- Campus Clubs
- Campus Courses
- Campus Leagues
- Vibrant Campus (free)

12085-01/24

www.bournemouth.ac.uk/activity-finder



BU
Bournemouth
University

SportBU
Weekly activity timetables
2023-24

Available to book via the SportBU website or calling 01202 965012

@SportBU


Group Fitness 2024 Talbot Campus

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

Stretching and Mobility
Fitness and Cardio
Muscle Conditioning
⦿ Virtual Class

Monday	7:30-8:00am S30 Gym (Gym Team)	8:00-8:30am Spin Spin City Helen P	9:30-10:00am Grit Strength ⊖ Studio 1	10:05-10:50pm Body Balance ⊖ Studio 1	12:05-12:50pm Aerobics Studio 1 Zia	1:05-1:50pm Yoga Studio 1 Bex	5:25-6:25pm Zumba Studio 1 Wendoly	6:00-6:30pm Sprint ⊖ Spin City	6:30-7:30pm Legs, Bums and Tums Studio 1 Nadia		
Tuesday	7:30-8:00am Sprint ⊖ Spin City	12:00-12:45pm Pilates Studio 1 Nikki	12:00-12:30pm Spin Spin City Tim	1:00-1:55pm Pump Studio 1 Rachel	5:05-6:00pm Ladies that Lift Studio 1 Helen R	6:05-6:35pm Spin Spin City Vic	8:00-8:30pm Sprint ⊖ Spin City				
Wednesday	7:30-7:50am The Trip ⊖ Spin City	8:00-8:30am S30 Gym (Gym Team)	12:00-12:30pm Spin Spin City Helen P	12:35-1:05pm Full Body Blast Studio 1 Helen P	1:10-2:05pm Free Yoga Studio 1 Silvia	5:10-5:55pm Pilates Studio 1 Jo	6:00-7:00pm Body Conditioning Studio 1 Nadia			7:00-7:30pm Sprint ⊖ Spin City	
Thursday	7:30-8:00am Grit Strength ⊖ Studio 1	8:15-9:00am Body Balance ⊖ Studio 1	9:15-9:45am Barre ⊖ Studio 1	12:05-12:50pm Aerobics Studio 1 Helen R	1:00-1:55pm Pump Studio 1 Rachel	5:05-6:00pm Legs, Bums and Tums Studio 1 Zia	5:30-6:00pm Sprint ⊖ Spin City			6:05-7:05pm Yoga Studio 1 Melsia	
Friday	7:30-8:00am Sprint ⊖ Spin City	9:15-10:00am Body Balance ⊖ Studio 1	11:55-12:25pm Spin Spin City Nikki	12:00-12:30pm S30 Gym (Gym Team)	12:30-1:15pm Pilates Studio 1 Nikki	5:15-6:15pm Pump Studio 1 Helen R	6:30-7:00pm Sprint ⊖ Spin City				
Saturday	9:25-9:55am Spin Spin Studio Rachel	10:00-10:55am Pump Studio 1 Rachel	11:00-12:00pm Zumba Studio 1 Wendoly	12:15-1:00pm The Trip ⊖ Spin City	4:30-5:00pm Sprint ⊖ Spin City						
Sunday	9:00-9:30am Sprint ⊖ Spin City	9:30-10:30am Yoga Studio 1 Sue	10:30-11:15am Body Combat ⊖ Studio 1	4:30-5:00pm Sprint ⊖ Spin City	5:05-5:50pm Body Balance ⊖ Studio 1						

Scan the QR Code for all class descriptions and to book




www.bournemouth.ac.uk/sportbu/classes