

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						
	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	
Tuesday	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	2-3pm Mixed Golf Parley Golf Centre	3-4pm Women's 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
Wednesday	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					
Thursday										
Friday										
Saturday	9am Park Run Poole Park	5:30-7pm Basketball Sports Hall								
Sunday	12-2pm 5-a-side Football Astro Pitches	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					

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)**

12156-03/24

www.bournemouth.ac.uk/activity-finder



SportBU
Weekly activity timetables
2024

Bournemouth University

Available to book via the SportBU website or calling 01202 965012



Group Fitness 2024 Talbot Campus

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	1:05-1:50pm Yoga Studio 1 Bex	5:25-6:25pm Zumba Studio 1 Wendoly	6:30-7:25pm Legs, Bums and Tums Studio 1 Nadia
	7:30-8:00am Sprint Ⓞ Spin City	12:00-12:45pm Pilates Studio 1 Nikki	1:00-1:55pm Total Body Conditioning Studio 1 Rachel	5:05-6:00pm Legs, Bums and Tums Studio 1 Helen R	6:05-6:35pm Spin Spin City Vic		
Tuesday	7:30-7:50am The Trip Ⓞ Spin City	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 Total Body Conditioning Studio 1 Nadia	7:00-7:30pm Sprint Ⓞ Spin City
	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 Sh'Bam Ⓞ Studio 1	1:00-1:55pm Total Body Conditioning Studio 1 Rachel	5:05-6:00pm Legs, Bums and Tums Studio 1 Zia	5:30-6:00pm Sprint Ⓞ Spin City
Wednesday	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 Total Body Conditioning Studio 1 Helen R	6:30-7:00pm Sprint Ⓞ Spin City
	9:25-9:55am Spin Spin Studio Rachel	10:00-10:55am Total Body Conditioning Studio 1 Rachel	11am-12pm Zumba Studio 1 Wendoly	12:15-1:00pm The Trip Ⓞ Spin City	4:30-5:00pm Sprint Ⓞ Spin City		
Thursday	9:05-9:25am The Trip Ⓞ Spin City	9:30-10:30am Yoga Studio 1 Sue	10:45-11:30am Body Combat Ⓞ Studio 1	4:30-5:00pm Sprint Ⓞ Spin City	5:05-5:50pm Body Balance Ⓞ Studio 1		
Friday							
Saturday							
Sunday							

Stretching and Mobility

Fitness and Cardio

Muscle Conditioning

Ⓞ Virtual Class

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

Scan the QR Code for all class descriptions and to book


