Campus Sport 2024 Talbot Campus

	and the second secon	a de la companya de l								
;	12-1pm	1-2pm	4-5:30pm	7:30-8:30pm						
	Football Astro Pitches	Badminton	Badminton	Fencing						
2	Astro Pitches	Sports Hall	Sports Hall	Studio 1						
= ;	12-12:30pm	12-1pm	4-5:30pm	5-6pm	6-7pm	5:45-7:15pm	7-8pm	7-8pm	7:30-8:30pm	
	Wellness Walk and Talk Talbot	Pop-up sport	Netball	Football	Pole Fitness	Handball	Boxing	Pole Fitness	Basketball	
	Courtyaru	Talbot Courtyard	Sports Hall	Astro Pitches	Studio 2	Sports Hall	Studio 1	Studio 2	Sports Hall	
	b 12-4pm	1-4pm	1-5pm	12:15-1:45pm	2-3pm	3-4pm	2-3:30pm	2-3.30pm	4-6pm	
	11-a-side Football	5-a-side Football	9-a-side Football	Tennis	Mixed Golf	Women's Golf	Tennis	Netball	Women's 5-a-side League	P
	12-4pm 11-a-side Football Chapel Gate	Astro Pitches	Chapel Gate	Victoria Avenue	Parley Golf Centre	Parley Golf Centre	Victoria Avenue	Chapel Gate	Astro Pitches	
		5-6pm	6-7pm	6-7pm	7-8pm					
	12-1pm Badminton Sports Hall	Netball	Badminton	Kickboxing	Karate		E	mail		
ļ	Sports Hall	Sports Hall	Sports Hall	Studio 2	Studio 2		campu bournemo	ssport@		

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S	Astro Pitches	Sports Hall	Sports Hall	Astro Pitches	Chapel Gate
Sunday	5-a-side Football	Badminton	Volleyball	Freshers 5s football	7-a-side Football
≥	12-2pm	1-2pm	2-3:30pm	2-6pm	6-7pm
ŝ	Poole Park	Sports Hall			
Saturday	Park Run	Basketball			
ay	9am	5:30-7pm			
Frid					

2-3:30pm	2-3.30pm	4-6pm	6-7pm	
Tennis	Netball	Women's 5-a-side	Pole-Fitness	
Victoria Avenue	Chapel Gate	League Astro Pitches	Studio 2	
campu bournemou more infor	mail ssport@ uth.ac.uk fo mation on:			
Bowls, Ori Paddlebo			l Clubs	
Runn	ing	Camp	us Clubs	
Surfi	ng	Camp	us Courses	
		Camp	us Leagues	
		Vibra	nt Campus (fr	ee)
				12156-03/24

www.bournemouth.ac.uk/activity-finder



SportBU

Weekly activity timetables 2024

Available to book via the SportBU website or calling 01202 965012



Group Fitness 2024 Talbot Campus

		11633 2027							1	
>	7:30-8:00am	8:00-8:30am	9:30-10:00am	10:05-10:50pm	1:05-1:50pm	5:25-6:25pm	6:30-7:25pm	S	Stretching and Mobility	HARDER.
Monday	S 30	Spin	Grit Strength	Body Balance	Yoga	Zumba	Legs, Bums and Tums		Fitness and Cardio	BETTER.
δ	Gym	Spin City	O	O	Studio 1	Studio 1	Studio 1		Muscle Conditioning	
-	(Gym leam)	Helen P	Studio 1	Studio 1	Bex	Wendoly	Nadia			FASTER.
	7:30-8:00am	12:00-12:45pm	1:00-1:55pm	5:05-6:00pm	6:05-6:35pm				⊙ Virtual Class	
Tuesday	Sprint	Pilates	Total Body Conditioning	Legs, Bums and Tums	Spin					STRONGER.
Tue	O	Studio 1	Studio 1	Studio 1	Spin City					
	Spin City	Nikki	Rachel	Helen R	Vic					
lay	7:30-7:50am	12:00-12:30pm	12:35-1:05pm	1:10-2:05pm	5:10-5:55pm	6:00-7:00pm	7:00-7:30pm			
Wednesday	The Trip	Spin	Full Body Blast	Free Yoga	Pilates	Total Body Conditioning	Sprint			
edr	\odot	Spin City	Studio 1	Studio 1	Studio 1	Studio 1	\odot			
Š	Spin City	Helen P	Helen P	Silvia	Jo	Nadia	Spin City		n the le for all	
Ž	7:30-8:00am	8:15-9:00am	9:15-9:45am	12:05-12:50pm	1:00-1:55pm	5:05-6:00pm	5:30-6:00pm	6·U5=/ ·U50m	scriptions	
sda	Grit Strength	Body Balance	Barre	Sh'Bam	Total Body Conditioning	Legs, Bums and Tums	Sprint		o book	
P P	O	O	O	O	Studio 1	Studio 1	O	Studio 1		
Thursday	Studio 1	Studio 1	Studio 1	Studio 1	Rachel	Zia	Spin City	Studio 1 Melsia		
	Studio 1 7:30-8:00am	-	Studio 1			Zia 5:15-6:15pm		Studio 1 Melsia		
	Studio 1 7:30-8:00am	Studio 1	Studio 1	Studio 1	Rachel	Zia	Spin City	Studio 1 Melsia		
Friday Thui	Studio 1 7:30-8:00am Sprint O	Studio 1 9:15-10:00am	Studio 1 11:55-12:25pm	Studio 1 12:00-12:30pm	Rachel 12:30-1:15pm	Zia 5:15-6:15pm Total Body	Spin City 6:30-7:00pm	Studio 1 Melsia		
	Studio 1 7:30-8:00am Sprint O Spin City	Studio 1 9:15-10:00am Body Balance O Studio 1	Studio 1 11:55-12:25pm Spin Spin City Nikki	Studio 1 12:00-12:30pm 530 Gym (Gym Team)	Rachel 12:30-1:15pm Pilates Studio 1 Nikki	Zia 5:15-6:15pm Total Body Conditioning	Spin City 6:30-7:00pm Sprint	Studio 1 Melsia		
Friday	Studio 1 7:30-8:00am Sprint O Spin City	Studio 1 9:15-10:00am Body Balance © Studio 1 10:00-10:55am	Studio 1 11:55-12:25pm Spin City	Studio 1 12:00-12:30pm S30 Gym	Rachel 12:30-1:15pm Pilates Studio 1	Zia 5:15-6:15pm Total Body Conditioning Studio 1	Spin City 6:30-7:00pm Sprint O	Studio 1 Melsia		
Friday	Studio 1 7:30-8:00am Sprint O Spin City	Studio 1 9:15-10:00am Body Balance O Studio 1	Studio 1 11:55-12:25pm Spin Spin City Nikki	Studio 1 12:00-12:30pm 530 Gym (Gym Team)	Rachel 12:30-1:15pm Pilates Studio 1 Nikki	Zia 5:15-6:15pm Total Body Conditioning Studio 1	Spin City 6:30-7:00pm Sprint O	Studio 1 Melsia		
Friday	Studio 1 7:30-8:00am Sprint © Spin City 9:25-9:55am Spin Spin Studio	Studio 1 9:15-10:00am Body Balance © Studio 1 10:00-10:55am Total Body Conditioning Studio 1	Studio 1 11:55-12:25pm Spin City Nikki 11am-12pm Zumba Studio 1	Studio 1 12:00-12:30pm S30 Gym (Gym Team) 12:15-1:00pm The Trip ⊙	Rachel 12:30-1:15pm Pilates Studio 1 Nikki 4:30-5:00pm Sprint 0	Zia 5:15-6:15pm Total Body Conditioning Studio 1	Spin City 6:30-7:00pm Sprint O	Studio 1 Melsia		
	Studio 1 7:30-8:00am Sprint ⊙ Spin City 9:25-9:55am Spin Spin Studio Rachel	Studio 1 9:15-10:00am Body Balance © Studio 1 10:00-10:55am Total Body Conditioning	Studio 1 11:55-12:25pm Spin City Nikki 11am-12pm Zumba Studio 1 Wendoly	Studio 1 12:00-12:30pm S30 Gym (Gym Team) 12:15-1:00pm The Trip ⊘ Spin City	Rachel 12:30-1:15pm Pilates Studio 1 Nikki 4:30-5:00pm Sprint	Zia 5:15-6:15pm Total Body Conditioning Studio 1	Spin City 6:30-7:00pm Sprint O	Studio 1 Melsia		
Saturday Friday	Studio 1 7:30-8:00am Sprint O Spin City 9:25-9:55am Spin Spin Studio Rachel 9:05-9:25am	Studio 1 9:15-10:00am Body Balance © Studio 1 10:00-10:55am Total Body Conditioning Studio 1	Studio 1 11:55-12:25pm Spin City Nikki 11am-12pm Zumba Studio 1	Studio 1 12:00-12:30pm S30 Gym (Gym Team) 12:15-1:00pm The Trip ⊙	Rachel 12:30-1:15pm Pilates Studio 1 Nikki 4:30-5:00pm Sprint 0	Zia 5:15-6:15pm Total Body Conditioning Studio 1	Spin City 6:30-7:00pm Sprint O	Studio 1 Melsia		
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Friday	Studio 1 7:30-8:00am Sprint O Spin City 9:25-9:55am Spin Spin Studio Rachel 9:05-9:25am	Studio 1 9:15-10:00am Body Balance © Studio 1 10:00-10:55am Total Body Conditioning Studio 1 Rachel 9:30-10:30am	Studio 1 11:55-12:25pm Spin City Nikki 11am-12pm Zumba Studio 1 Wendoly 10:45-11:30am	Studio 1 12:00-12:30pm S30 Gym (Gym Team) 12:15-1:00pm The Trip ⊙ Spin City 4:30-5:00pm	Rachel 12:30-1:15pm Pilates Studio 1 Nikki 4:30-5:00pm Sprint Spin City 5:05-5:50pm	Zia 5:15-6:15pm Total Body Conditioning Studio 1	Spin City 6:30-7:00pm Sprint O		0	esMills /IRTUFIL uk/sportbu/classes