

Group Fitness 2023 Talbot Campus

Monday	8-8:30am Spin Spin Studio Helen P	12:30-1:10pm HIIT Studio 1 Helen R	1:15-2pm Yoga Studio 1 Bex	5:30-6:30pm Zumba Studio 1 Wendoly	6:35-7:35pm Legs, Bums, and Tums Studio 1 Nadia
	12-12:45pm Pilates Studio 1 Nikki	1-1:55pm Pump Studio 1 Rachel	5:05-6pm Ladies that lift Studio 1 Helen R	6:05-6:35pm Spin Spin Studio Vic	
Tuesday	12-12:30pm Spin Spin Studio 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	6-7pm Body Conditioning Studio 1 Nadia
	12:10-12:55pm Zumba Studio 1 Sarah	1:05-2pm Pump Studio 1 Rachel	5:05-6pm Circuits Studio 1 Ana	6:05-7:05pm Yoga Studio 1 Melsia	
Wednesday	12-12:30pm Spin Spin Studio Nikki	12:35-1:20pm Pilates Studio 1 Nikki	5:15-6:15pm Pump Studio 1 Helen R		
	9:25-9:55am Spin Spin Studio Rachel	10-10:55am Pump Studio 1 Rachel	11am-12pm Zumba Studio 1 Wendoly		
Thursday	9.30-10.30am Yoga Studio 1 Sue				

Stretching and Mobility
Fitness and Cardio
Muscle Conditioning

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

Class descriptions

Spin

From climbing hills to sprint finishes, get your heart racing with this high energy indoor cycling session!

Zumba

An exciting fusion of interval training and dance influenced steps including salsa, merengue, and samba. Full of latin zest and fun for everyone!

Legs, bums, and tums

It's in the name! Build your legs, bums, and tums in this class.

Ladies that lift

Ladies, this one's for you! This class focuses on weightlifting in a neutral environment, you got this!

Yoga

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

HIIT

It stands for High Intensity Interval Training. Exercise based on bursts of intense activity with short rest periods in-between.

Pilates

Floor based movements that combine slow and powerful, yet precise movements with specific breathing patterns to improve postural alignment, strength, flexibility and muscular balance as well as core stability.

Pump

A full body high rep barbell class, workout to the beat of the music!

Full body blast

A full body session in 30 minutes! 10 Minutes of upper body, 10 minutes of lower body, and 10 minutes of abs.

Body conditioning

A fun and varied class which will condition your muscles and endurance head to toe!

Circuits

A multi-station exercise class which improves cardiovascular fitness and muscular endurance.

Campus Sport 2023 Talbot Campus

Monday	12-12:30pm Running Lansdowne (TOFS)	12-1pm Football Astro pitches	1-2pm Badminton Sports Hall	4:00-5:30pm Badminton Sports Hall	5-6pm Fencing Studio 2	8-9pm Karate Studio 2					
	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	6:30-7:30pm Boxing Studio 1	7-8pm Pole Fitness Studio 2	7:30-8:30pm Basketball Sports Hall		
Wednesday	11:30am-1pm Tag American Football Wallisdown	12-4pm 11-a-side football Chapel Gate	12:30-4:30pm 5-a-side Football Astro Pitches	12-1:30pm Rugby Chapel Gate	2-4pm Netball Chapel Gate	2-3:30pm Tennis Victoria Avenue	2-3:30pm Baseball and Softball Wallisdown	2-4pm Watersports Spinnaker Sailing Club	4:30-6pm Women's Football Astro Pitches	6-7pm Pole-Fitness Studio 2	
Thursday	12-12:30pm Running Talbot Courtyard	12-1pm Badminton Sports Hall	1-2pm Touch Rugby Astro Pitches	5-6pm Netball Sports Hall	6-7pm Badminton Sports Hall	6-7pm Kickboxing Studio 2	7-8pm Karate Studio 2				
Friday	1-2pm Volleyball Sports Hall										
Saturday	9am Park Run Poole Park	5:30-7pm Basketball Sports Hall									
Sunday	10am-2pm 5-a-side football Astro pitches	11am-12pm SUBU Societies hour Sports Hall	12-2pm Social Sundays Sports Hall	2-3:30pm Volleyball Sports Hall	2-6pm Freshers 5s football Astro pitches						

41 sessions
of weekly on-campus and local sports, with 8 NEW activities for 2023/24

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

11895-08/23

www.bournemouth.ac.uk/activity-finder



SportBU
Weekly activity timetables 2023



Available to book via the SportBU website or calling 01202 965012

