

Group Fitness 2025 Talbot Campus

Monday	08.00-08.30 Spin Spin Studio Helen P	09.30-10.00 GRIT Athletic  Studio 1	10.05-10.50 Body Combat  Studio 1	12.05-12.50 Pilates Studio 1 Junko	13.05-13.50 Yoga Studio 1 Bex	17.30-18.25 Zumba Studio 1 Wendoly	18.30-19.30 Legs, Bums, and Tums Studio 1 Nadia		
Tuesday	07.30-08.00 Sprint  Spin Studio	12.00-12.45 Pilates Studio 1 Nikki	13.05-14.00 Total Body Conditioning Studio 1 Rachel	17.05-18.00 Legs, Bums, and Tums Studio 1 Helen R	18.05-18.35 Spin Spin Studio Helen R				
Wednesday	12.00-12.30 Spin Spin Studio Helen P	12.35-13.00 Full Body Blast Studio 1 Helen P	13.05-14.00 Yoga Studio 1 Sylvia	17.10-17.55 Pilates Studio 1 Junko	18.00-19.00 Total Body Conditioning Studio 1 Nadia				
Thursday	12.30-13.00 Spin Spin Studio Tim	13.05-14.00 Total Body Conditioning Studio 1 Rachel	17.05-18.00 Zumba Studio 1 Shweta	18.05-19.00 Yoga Studio 1 Melsia					
Friday	12.00-12.30 Spin Spin Studio Nikki	12.35-13.15 Pilates Studio 1 Nikki	13.20-13.50 Dance  Studio 1	17.15-18.15 Total Body Conditioning Studio 1 Helen R					
Saturday	09.30-10.00 Sprint  Spin Studio	10.00-11.00 Total Body Conditioning Studio 2 Rachel	11.00-12.00 Zumba Studio 1 Wendoly	Relax and recover Spinning Cardio and conditioning Muscle toning					
Sunday	09.00-09.45 The Trip  Studio 1	09.30-10.30 Yoga Studio 1 Sue	10.45-11.30 Body Combat  Studio 1					12.00-12.45 Dance  Studio 1	13.05-13.50 Body Attack Studio 1
www.bournefitness.com									

Relax and recover
Spinning
Cardio and conditioning
Muscle toning



Over 20 new weekly virtual fitness classes now available.

Scan the QR Code for a full timetable and to book.



12322-06/24

www.bournemouth.ac.uk/sportbu/classes

BU
Bournemouth University

SportBU
Weekly activity timetables
2025



Available to book via the SportBU website or calling 01202 965012

Instagram Facebook Twitter @SportBU