

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				
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
						Relax and recover	
						Spinning	
						Cardio and conditio	
						Muscle toning	
							

- 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.



Campus Sport 2025 Talbot Campus

Monday	13.00-14.00 Badminton Sports Hall	16.00-17.30 Badminton Sports Hall				
Tuesday	12.00-14.00 Football Chapel Gate	12.00-12.30 Running Talbot Campus Courtyard	16.00-17.30 Netball Sports Hall	17.00-18.00 Football Astro pitches	17.45-19.15 Handball Sports Hall	19.30-20.30 Basketball Sports Hall
Wednesday	10.00-16.00 11-a-side football Chapel Gate	13.30-16.30 9-a-side Football Chapel Gate	14.00-15.30 Tennis Victoria Avenue	14.00-16.00 Netball Chapel Gate	15.30-16.30 Women's 5-a-side football Chapel Gate	
Thursday	12.00-14.00 Football Chapel Gate	15.00-16.30 Netball Sports Hall	18.00-19.00 Badminton Sports Hall	19.00-21.00 Touch Rugby Chapel Gate	19.00-20.00 Kickboxing Labs	20.00-21.00 Karate Labs
Friday						
Saturday	17.30-19.00 Basketball Sports Hall					
Sunday	12.00-14.00 5-a-side football Astro pitches	12.00-13.00 Basketball Sports Hall	13.00-14.00 Badminton Sports Hall	14.00-15.30 Volleyball Sports Hall	14.00-18.00 Freshers 5s football Astro pitches	

Activity Type Descriptions

Pay & Play Sport

- 1-hour weekly drop-in sessions
- Flexible, with no commitment required
- Beginner friendly and focussing on having fun!

Campus Courses

- Weekly 1-hour sessions with qualified instructors
- Annual, termly, and short courses
- Safe and inclusive environment to try something new.

TeamBU Clubs

- Weekly 1.5-hour sessions with qualified coaches
- Structured training and occasional optional local fixtures
- Access to TeamBU kit, Strength & Conditioning, and injury support.

Campus Leagues

- Weekly fixtures with qualified referees and umpires
- Individual or team signups available
- Friendly competition open to all levels.



Book activities on Eventbrite



Pay & Play Sport
Campus Courses
Campus Leagues
TeamBU Clubs