

# Campus Sport 2018 Talbot Campus

<b>Monday</b>	12-2pm <b>Football for All</b> £10 Astro Pitch Hire	1.15-2.45pm <b>Gymnastics</b> Sports Hall	1.15-2.45pm <b>Trampolineing</b> Sports Hall	1-3pm <b>Badminton</b> Sports Hall	4-6pm <b>Badminton</b> Sports Hall	5-6pm <b>Women's football</b> Astro pitches	5-6pm <b>Men's football</b> Astro pitches	6.15-7pm <b>Staff Snowboarding</b> Snowtrax Christchurch	8-9pm <b>Karate</b> Studio 2	8.30-9.25pm <b>Street Dance</b> Studio 1	
<b>Tuesday</b>	12-1pm <b>Staff Football</b> Astro pitches	1-1.45pm <b>Group Run</b> SportBU	1-3pm <b>Football for All</b> £10 Astro Pitch Hire	1.30-2.30pm <b>Trampolineing</b> Sports Hall	1.30-2.30pm <b>Gymnastics</b> Sports Hall	4-6pm <b>Netball</b> Sports Hall	6.30-7.25pm <b>Pole Fitness</b> Studio 2	6.15-7pm <b>Staff Skiing</b> Snowtrax Christchurch	7.30-8.25pm <b>Basketball</b> Sports Hall	7.30-8.30pm <b>Self-defense</b> Studio 2	7.30-8.30pm <b>Salsa Dancing</b> Studio 1
<b>Wednesday</b>	10-2pm <b>Men's Football 5-a-side</b> Astro pitches	10-4pm <b>Men's Football 11-a-side</b> Various	1.15-2.30pm <b>Inclusion Sports</b> Victoria Education*	2-4pm <b>Women's Football 5-a-side</b> Astro pitches	2-4pm <b>Tennis</b> Victoria Avenue Centre	2-5pm <b>Women's Netball</b> Sir David English	2.15-3.10pm <b>Pole Fitness</b> Studio 2	3-3.45pm <b>Skiing</b> Snowtrax Christchurch	3-3.45pm <b>Snowboarding</b> Snowtrax Christchurch	4.15-5.15pm <b>Jiu Jitsu</b> Studio 2	
<b>Thursday</b>	12-1pm <b>Staff Badminton</b> Sports Hall	12-2pm <b>Football for All</b> £10 Astro Pitch Hire	1-2pm <b>Tag Rugby</b> Astro pitches	2.30-3.30pm <b>Thai Boxing</b> Studio 2	3.30-4.30pm <b>Thai Boxing</b> Studio 2	5-6pm <b>Netball</b> Sports Hall	6-7pm <b>Badminton</b> Sports Hall	7-7.55pm <b>Basketball</b> Sports Hall	7-7.55pm <b>Karate</b> Studio 2	8.30-9.25pm <b>Shaolin Kung-fu</b> Studio 1	
<b>Friday</b>	10-2pm <b>Men's Football 5-a-side</b> Astro pitches	7-9pm <b>Football League</b> Hamworthy, Dorset FA									
<b>Saturday</b>	12-2pm <b>Football for All</b> £10 Astro Pitch Hire										
<b>Sunday</b>	10-6pm <b>Men's Football 5-a-side</b> Astro pitches	6-8pm <b>Men's Community Football</b> Astro pitches	6-8pm <b>Women's Community Football</b> Astro pitches								

**New for 2018**

**Campus League Offer**  
 'Astro booking package' exclusive for League teams: 3 Hours = £20 off peak hours only  
 All Leagues have limited spaces and are sold on a first come, first served basis. League Deadlines from wc 01/10/2018

- Social Sport
- Courses
- Clubs
- Leagues
- Adventure
- Colleague (BU staff only)
- Football for all

8901 07/18

[www.bournemouth.ac.uk/sportbu/campusport](http://www.bournemouth.ac.uk/sportbu/campusport)



**SportBU**  
 Weekly Activity Timetables 18-19



Available to book via the iBU App



@SportBU SportBU Gym 01202 965012

\*Inclusion Sports League - runs monthly

## Group Fitness 2018 Talbot Campus

<b>Monday</b>	8-8.45am <b>Tone Circuits</b> Studio 1 Kenny	12-12.45pm ★ <b>Staff only</b> <b>Back Care</b> Studio 1 Simon	1-1.45pm <b>HIIT</b> Studio 1 Helen	5-5.25pm <b>Xpress Spin</b> Spin City Emma	5-5.55pm <b>Pump</b> Studio 2 Nikki	5.30-6.25pm <b>Zumba</b> Studio 1 Emma	6-6.55pm <b>Total Body Conditioning</b> Studio 2 Nadia	6.30-7.25pm <b>Trim and Tone</b> Studio 1 Emma	7.30-8.25pm <b>Yoga</b> Studio 1 Sharon
	12-12.30pm <b>Xpress Spin</b> Spin City Rachel	12-12.45pm <b>Pilates</b> Studio 1 Nikki	12.30-1pm <b>Xpress Abs &amp; Core</b> Studio 2 Rachel	1-1.55pm <b>Legs, Bums &amp; Tums</b> Studio 1 Rachel	1-1.45pm <b>Group Run</b> Meet at SportBU Tim	4.30-5.25pm <b>BoxFit</b> Studio 1 Josh	5.30-6.30pm <b>Yoga</b> Studio 2 Mirja	5.30-6.25pm <b>Bootcamp Blitz</b> Studio 1 Simon	6-6.25pm <b>Xpress Spin</b> Spin City Natalie
<b>Tuesday</b>	8-8.30am <b>Xpress Spin</b> Spin City Tim	12-12.30pm <b>Xpress Spin</b> Spin City Helen	12.30-1pm <b>Xpress Abs &amp; Core</b> Studio 1 Helen	1-1.45pm ★ <b>Staff only</b> <b>Yoga</b> Studio 1 Melsia	1-1.55pm <b>Pump</b> Studio 2 Rachel	4.30-5pm <b>Xpress Spin</b> Spin City Emma	5-5.30pm <b>PIYO</b> Studio 1 Emma	5.30-6.25pm <b>Legs, Bums &amp; Tums</b> Studio 1 Emma	6.30-7.25pm <b>Pilates</b> Studio 1 Nikki
	12.30-1pm <b>Xpress Spin</b> Spin City Rachel	1-1.55pm <b>Pump</b> Studio 1 Rachel	5-5.55pm <b>Total Body Conditioning</b> Studio 2 Emma	5.30-6.25pm <b>Zumba</b> Studio 1 Rosy	6-6.55pm <b>Trim &amp; Tone</b> Studio 2 Emma	6.30-7.25pm <b>Yoga</b> Studio 1 Rebecca	7.30-7.55pm <b>Xpress Spin</b> Spin City Natalie	8-8.25pm <b>Kettlebell Blast</b> Studio 1 Natalie	
<b>Wednesday</b>	8-8.30am <b>Xpress Spin</b> Spin City Tim	12-12.30pm <b>Xpress Spin</b> Spin City Nikki	12.30-1pm <b>Xpress Abs &amp; Core</b> Studio 2 Nikki	1-1.45pm <b>Pilates</b> Studio 2 Nikki	5.30-6.25pm <b>Pump</b> Studio 2 Helen R	6-6.45pm <b>Bounce &amp; Burn</b> Studio 1 Kirsty	6.30-7.25pm <b>Legs, Bums &amp; Tums</b> Studio 2 Helen R		
	10-10.25am <b>Xpress Spin</b> Spin City Rachel	10.30-11am <b>Xpress Abs &amp; Core</b> Studio 1 Rachel	11-11.55am <b>Full Body Fitness</b> Studio 1 Rachel	12-12.55pm <b>Zumba</b> Studio 1 Rosy					
<b>Thursday</b>	10-10.55am <b>Strength Circuits</b> Studio 1 Kenny	11-11.55am <b>Yoga</b> Studio 1 Sharon							

**SportBU Premium Membership:**  
Book in advance by 14 days; Free health check & massage drop ins and much more. Upgrade today.

- ★ = Staff only
- Relax and Recover
- Spinning
- Cardio and Conditioning
- Muscle Toning

## Group Fitness 2018 Lansdowne Campus

<b>Monday</b>	6-7pm <b>Zumba</b> Purbeck Caroline	
	12.45-1.30pm <b>Yoga</b> BG17 Rebecca	
<b>Tuesday</b>	12.45-1.30pm <b>Pilates</b> BG17 Nikki	5.10-5.50pm ★ <b>Staff only</b> <b>Yoga</b> BG17 Juliette
	5.15-6.10pm <b>Pilates</b> BG17 Mel	6-7pm <b>Yoga</b> Home Park Sharon
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>	4-5pm <b>Zumba</b> Home Park Rosy	4-5pm <b>Yoga</b> Purbeck Joy