

Campus Sport 2019 Talbot Campus

Monday	12-2pm Football for All £10 Astro Pitch Hire	1.15-2.45pm Gymnastics Sports Hall	1.15-2.45pm Trampoline Sports Hall	1-3pm Badminton Sports Hall	4-6pm Badminton Sports Hall	5-6pm Women's football Astro pitches	5-6pm Men's football Astro pitches	6-7pm Women's Weights Rees Suite	8-9pm Karate Studio 2		
Tuesday	12-1pm Staff Football Astro pitches	1-1.45pm Group Run SportBU	1.30-2.30pm Futsal Sports Hall	4-6pm Netball Sports Hall	6-8pm Surfing/Paddleboarding Shaka Surf	6-8pm Canoeing/Kayaking Hengistbury Head	6.30-7.30pm Pole Fitness Studio 2	7.30-8.30pm Basketball Sports Hall	7.30-8.30pm Self-defense Studio 1	7.30-8.30pm Salsa Dancing Studio 2	8:30-9:30pm Self-defense Studio 2
Wednesday	10-2pm Men's Football 5-a-side Astro pitches	10-4pm Men's Football 11-a-side Various	1.15-2.30pm Inclusion Sports Victoria Education*	2-4pm Women's Football 5-a-side Astro pitches	2-4pm Tennis Victoria Avenue Centre	2-5pm Women's Netball Sir David English	2-4pm Surfing/Paddleboarding Shaka Surf	2-4pm Canoeing/Kayaking Hengistbury Head	4.15-5.15pm Jiu Jitsu Studio 2		
Thursday	12-1pm Staff Badminton Sports Hall	12-2pm Football for All £10 Astro Pitch Hire	2.30-3.30pm Thai Boxing Studio 2	5-6pm Netball Sports Hall	6-7pm Badminton Sports Hall	7-8pm Basketball Sports Hall	7-8pm Karate Studio 2	8.30-9.30pm Shaolin Kung-fu Studio 1			

Friday
Saturday
Sunday

everyone ACTIVE

£25 for 3 months

Everyone Active Swimming Membership
Rossmore or Dolphin Leisure Centre

New for 2019

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 begin from: 25/01/19

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

9074 11/18

www.bournemouth.ac.uk/sportbu/campusport



SportBU

Weekly Activity Timetables 2019



Available to book via the iBU App

@SportBU SportBU Gym 01202 965012

Group Fitness 2019 Talbot Campus

Monday	8-8.45am Tone Circuits Studio 1 Kenny	1-1.45pm HIIT Studio 1 Helen	5-5.55pm Pump Studio 2 Nikki	5-5.25pm Xpress Spin Spin City Emma	5.30-6.25pm Zumba Studio 1 Emma	6-6.55pm Total Body Conditioning Studio 2 Nadia	6.30-7.25pm Trim and Tone Studio 1 Emma	7.30-8.25pm Yoga Studio 1 Sharon	
	12-12.45pm Pilates Studio 1 Nikki	12-12:30pm Xpress Spin Spin City Rachel	12.30-1pm Xpress Abs & Core Studio 2 Rachel	1-1.55pm Legs, Bums & Tums Studio 1 Rachel	1-1:45pm Group Run Meet at SportBU Tim	4.30-5.25pm BoxFit Studio 1 Josh	5.30-6.30pm Yoga Studio 1 Mirja	5.30-6.25pm Bootcamp Blitz Studio 2 Helen R	6-6.25pm Xpress Spin Spin City Liz
Tuesday	8-8.30am Xpress Spin Spin City Tim	12-12.30pm Xpress Spin Spin City Helen	12.30-1pm Xpress Abs & Core Studio 1 Helen	1-1.45pm ★ Staff only Yoga Studio 1 Melsia	1-1.55pm Pump Studio 2 Rachel	4.30-5pm Xpress Spin Spin City Emma	5-5.30pm PIYO Studio 1 Emma	5.30-6.25pm Legs, Bums & Tums Studio 1 Emma	6.30-7.25pm Pilates Studio 1 Nikki
	12.30-1pm Xpress Spin Spin City Rachel	1-1.55pm Pump Studio 1 Rachel	5-5.55pm Total Body Conditioning Studio 2 Emma	5.30-6.25pm Zumba Studio 1 Rosy	6-6.55pm Trim & Tone Studio 2 Emma	6.30-7.25pm Yoga Studio 1 Rebecca	7.30-7.55pm Xpress Spin Spin City Helen R	8-8.25pm Kettlebell Blast Studio 1 Helen R	
Wednesday	8-8.30am Xpress Spin Spin City Tim	12-12.30pm Xpress Spin Spin City Nikki	12.30-1pm Xpress Abs & Core Studio 2 Nikki	1-1.45pm Pilates Studio 2 Nikki	5.30-6.25pm Pump Studio 2 Helen R	6-6.45pm Bounce & Burn Studio 1 Kirsty	6.30-7.25pm Legs, Bums & Tums Studio 2 Helen R		
	10-10.25am Xpress Spin Spin City Rachel	10.30-11am Xpress Abs & Core Studio 1 Rachel	11-11.55am Full Body Fitness Studio 1 Rachel	12-12.55pm Zumba Studio 1 Rosy					
Thursday	10-10.55am Strength Circuits Studio 1 Kenny	11-11.55am Yoga Studio 1 Sharon							

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

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

Group Fitness 2019 Lansdowne Campus

Tuesday	12.45-1.30pm Yoga BG17 Rebecca
	12.45-1.30pm Pilates BG17 Nikki
Wednesday	5.15-6.10pm Pilates BG17 Mel