

Available to book via the iBU App or call 01202 965012

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

## Talbot Campus

Monday	8-8.45am	12.30-1pm	1-1.30pm	5-5.55pm	5-5.25pm	5.30-6.25pm	6-6.55pm	6.30-7.25pm	7.30-8.25pm
	<b>Tone Circuits</b>	<b>Xpress Spin</b>	<b>HIIT</b>	<b>Pump</b>	<b>Xpress Spin</b>	<b>Zumba</b>	<b>Total Body Conditioning</b>	<b>Trim and Tone</b>	<b>Yoga</b>
	Studio 1 Kenny	Spin City Helen	Studio 1 Helen	Studio 2 Nikki	Spin City Emma	Studio 1 Emma	Studio 2 Nadia	Studio 1 Emma	Studio 1 Sharon
	12-12.45pm	12-12:30pm	12.30-1pm	1-1.55pm	4.30-5.25pm	5.30-6.30pm	5.30-6.25pm	6-6.25pm	6.30-7.25pm
	<b>Pilates</b>	<b>Xpress Spin</b>	<b>Xpress Abs &amp; Core</b>	<b>Legs, Bums &amp; Tums</b>	<b>BoxFit</b>	<b>Yoga</b>	<b>Bootcamp Blitz</b>	<b>Xpress Spin</b>	<b>Zumba</b>
	Studio 1 Nikki	Spin City Rachel	Studio 2 Rachel	Studio 1 Rachel	Studio 1 Josh	Studio 1 Mirja	Studio 2 Helen R	Spin City Liz	Studio 1 Rosy
	8-8.30am	12-12.30pm	12.30-1pm	1-1.45pm	1-1.55pm	4.30-5pm	5-5.30pm	5.30-6.25pm	6.30-7.25pm
<b>Xpress Spin</b>	<b>Xpress Spin</b>	<b>Xpress Abs &amp; Core</b>	★ <b>Staff only Yoga</b>	<b>Pump</b>	<b>Xpress Spin</b>	<b>PIYO</b>	<b>Legs, Bums &amp; Tums</b>	<b>Pilates</b>	
Spin City Helen R	Spin City Helen	Studio 1 Helen	Studio 1 Melsia	Studio 2 Rachel	Spin City Emma	Studio 1 Emma	Studio 1 Emma	Studio 1 Nikki	
12.30-1pm	1-1.55pm	5-5.55pm	5.30-6.25pm	6-6.55pm	6.30-7.25pm	7.30-7.55pm	8-8.25pm		
<b>Xpress Spin</b>	<b>Pump</b>	<b>Total Body Conditioning</b>	<b>Zumba</b>	<b>Trim &amp; Tone</b>	<b>Yoga</b>	<b>Xpress Spin</b>	<b>Xpress Abs &amp; Core</b>		
Spin City Rachel	Studio 1 Rachel	Studio 2 Emma	Studio 1 Rosy	Studio 2 Helen R	Studio 1 Rebecca	Spin City Helen R	Studio 1 Helen R		
8-8.30am	12-12.30pm	12.30-1pm	1-1.45pm	5.30-6.25pm	6-6.45pm	6.30-7.25pm			
<b>Xpress Spin</b>	<b>Xpress Spin</b>	<b>Xpress Abs &amp; Core</b>	<b>Pilates</b>	<b>Pump</b>	<b>Bounce &amp; Burn</b>	<b>Legs, Bums &amp; Tums</b>			
Spin City Rosie	Spin City Nikki	Studio 2 Nikki	Studio 2 Nikki	Studio 2 Helen R	Studio 1 Kirsty	Studio 2 Helen R			
10-10.25am	10.30-11am	11-11.55am	12-12.55pm						
<b>Xpress Spin</b>	<b>Xpress Abs &amp; Core</b>	<b>Full Body Fitness</b>	<b>Zumba</b>						
Spin City Rachel	Studio 1 Rachel	Studio 1 Rachel	Studio 1 Rosy						
10-10.55am	11-11.55am								
<b>Yoga</b>	<b>Strength Circuits</b>								
Studio 1 Sharon	Studio 1 Kenny								

## Lansdowne Campus

Tuesday	12.45-1.30pm
	<b>Yoga</b>
	BG17 Rebecca
	12.45-1.30pm
Wednesday	<b>Pilates</b>
	BG17 Nikki
Thursday	5.15-6.10pm
	<b>Pilates</b>
	BG17 Mel

★ = Staff only

Relax and Recover

Spinning

Cardio and Conditioning

Muscle Toning