

Available to book via the iBU app or call 01202 965012

www.bournemouth.ac.uk/sportbu/classes

Talbot Campus

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|-----------|---|---|--|---|---|
| Monday | 12.30-1pm Xpress Spin Spin City Helen | 1-1.30pm HIIT Studio 1 Helen | 5.30-6.25pm Zumba Studio 1 Emma | | |
| | 12-12:30pm Xpress Spin Spin City Rachel | 12.30-1pm Xpress Abs & Core Studio 1 Rachel | 1-1.55pm Legs, Bums & Tums Studio 1 Rachel | | |
| | 8-8.30am Xpress Spin Spin City Helen R | 12-12.30pm Xpress Spin Spin City Helen | 12.30-1pm Xpress Abs & Core Studio 1 Helen | 1-1.45pm Yoga Studio 1 Melsia | 5.30-6.25pm Legs, Bums & Tums Studio 1 Emma |
| | 1-1.55pm Pump Studio 1 Rachel | 5-5.55pm Total Body Conditioning Studio 2 Emma | | | |
| | 12-12.30pm Xpress Spin Spin City Nikki | 12.30-1pm Xpress Abs & Core Studio 2 Nikki | 1-1.45pm Pilates Studio 2 Nikki | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |

Lansdowne Campus



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| Wednesday | 12.45-1.30pm Pilates BG17 Nikki |
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★ = Staff only

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| Relax and Recover |
| Spinning |
| Cardio and Conditioning |
| Muscle Toning |