

Campus Sport 2019 Talbot Campus

Monday	1-3pm Badminton Sports Hall	1.30-2.30pm Gymnastics Sports Hall	1.30-2.30pm Trampoline Sports Hall	4-6pm Badminton Sports Hall	5-6pm Lacrosse Astro Pitches	5-7pm Rugby 7s Chapel Gate	6-7pm Girl Power Rees Suite	8-9pm Karate Studio 2	
Tuesday	12-1pm Staff Football Astro pitches	1.30-2.30pm Badminton Sports Hall	4-6pm Netball Sports Hall	6.30-7.30pm Pole Fitness Studio 2	7.30-8.30pm Basketball Sports Hall	7.30-8.30pm Boxing Studio 1	7.30-8.30pm Self-defence Studio 2	8.30-9.30pm Self-defence Studio 2	
Wednesday	7.30-8.30am Couch to 5K SportBU	7.30-8.30am Cross Fit Bournemouth & Poole College	10am-4pm Men's 11-a-side Football Wallisdown/Chapel Gate	10am-4pm Men's 5-a-side Football Astro pitches	2-4pm Tennis West Hants	3-3.45pm Skiing Snowtrax	3-3.45pm Snowboarding Snowtrax	4-6pm Women's 5-a-side Football Astro pitches	6-7pm Pole Fitness Studio 2
Thursday	12-1pm Staff Badminton Sports Hall	12-1pm Badminton Sports Hall	2.30-3.30pm Thai Boxing Studio 2	3.30-4.30pm Thai Boxing Studio 2	5-6pm Netball Sports Hall	6-7pm Badminton Sports Hall	7-8pm Basketball Sports Hall	7-8pm Karate Studio 2	
Friday	6-9pm Staff Football League Hamworthy, Dorset FA								
Saturday	10-4pm Men's Football 11-a-side Wallisdown								
Sunday	10-6pm Men's Football 5-a-side Astro pitches	6-8pm Netball Chapel Gate	7-8pm Futsal Sports Hall						

Campus League Offer

'Astro booking package' exclusive for League teams: 3 Hours = £30
off peak hours only

All leagues have limited spaces and are sold on a first come, first served basis. League deadlines from wc 07/10/2019

9957-07/19

www.bournemouth.ac.uk/sportbu/campusport

Campus Social Sport

Campus Courses

Campus Clubs

Campus Leagues

Campus Adventure

Campus Colleague

BU
Bournemouth University

SportBU
Weekly Activity
Timetables 19-20



Available to book via the iBU App



01202 965012

Group Fitness 2019 Talbot Campus

Monday	12.15-12.45pm	12.30-1pm	1-1.30pm	5-5.25pm	5-5.55pm	5.30-6.25pm	6-6.55pm	6.30-7.25pm	7.30-8.25pm		
	Form Focus Main Gym Personal Trainer	Xpress Spin Spin City Helen	HIIT Studio 1 Helen	Xpress Spin Spin City Emma	Pump Studio 2 Nikki	Zumba Studio 1 Emma	Total Body Conditioning Studio 2 Nadia	Trim and Tone Studio 1 Emma	Yoga Studio 1 Silvi		
Tuesday	12-12.30pm	12-12.45pm	12.30-1pm	1-1.55pm	4.30-5.30pm	5-6pm	5.30-6.30pm	5.30-6pm	5.30-6.25pm	6-6.25pm	6.30-7.25pm
	Xpress Spin Spin City Rachel	Pilates Studio 1 Nikki	Xpress Abs & Core Studio 2 Rachel	Legs, Bums & Tums Studio 1 Rachel	Boxfit Studio 1 Ivan	Strength & Conditioning Performance Suite Various	Yoga Studio 1 Mirja	Premium Health Checks Treatment Room Various	Bootcamp Blitz Studio 2 Helen R	Xpress Spin Spin City Rosie	Zumba Studio 1 Rosy
Wednesday	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		
	Xpress Spin Spin City Helen R	Xpress Spin Spin City Helen	Xpress Abs & Core Studio 1 Helen	★ Staff only Yoga Studio 1 Melsia	Pump Studio 2 Rachel	Xpress Spin Spin City Emma	PIYO Studio 1 Emma	Legs, Bums & Tums Studio 1 Emma	Pilates Studio 1 Nikki		
Thursday	7.30-8.30am	12-12.30pm	12.30-1pm	1-1.55pm	5-5.55pm	5.30-6.25pm	6-6.55pm	6.30-7.15pm	6.30-7.25pm	7-7.25pm	7.30-7.55pm
	Strength & Conditioning Performance Suite Various	Premium Health Checks Treatment Room Various	Xpress Spin Spin City Rachel	Pump Studio 1 Rachel	Total Body Conditioning Studio 2 Emma	Zumba Studio 1 Rosy	Trim & Tone Studio 2 Helen R	Form Focus Main Gym Personal Trainer	Yoga Studio 1 Rebecca	Xpress Spin Spin City Helen R	Xpress Abs & Core Studio 1 Helen R
Friday	8-8.30am	12-12.30pm	12.30-1pm	1-1.45pm	5.30-6.25pm	6-6.45pm	6.30-7.25pm				
	Xpress Spin Spin City Rosie	Xpress Spin Spin City Nikki	Xpress Abs & Core Studio 2 Nikki	Pilates Studio 2 Nikki	Pump Studio 2 Helen R	Bounce & Burn Studio 1 Kirsty	Legs, Bums & Tums Studio 2 Helen R				
Saturday	10-10.25am	10.30-11am	11-11.55am	12-12.55pm							
	Xpress Spin Spin City Rachel	Xpress Abs & Core Studio 1 Rachel	Full Body Fitness Studio 1 Rachel	Zumba Studio 1 Rosy							
Sunday	10-10.25am	10.30-10.55am	11-11.55pm								
	Xpress Spin Spin City Kenny	Bodyweight Blast Studio 1 Kenny	Yoga Studio 1 Sharon								

★ = Staff only

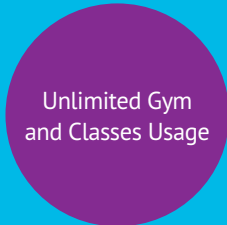
Relax and Recover
Spinning
Cardio and Conditioning
Muscle Toning
Fitness Support

Upgrade to the SportBU Premium Membership today



Monthly competitions and prizes as well as much more.

Refer a friend discounts and bring a friend for free each month.



Unlimited Gym and Classes Usage



Access 60 other University gyms nationwide



Premium Portal Membership for Nutrition and Exercise support.



Free Health Check and Sports Massage Drop Ins

