


# Group Fitness 2024-25 Talbot Campus

<b>Monday</b>	08.00-08.30 <b>Spin</b> Spin Studio Helen P	09.30-10.00 <b>GRIT Athletic</b> Studio 1	10.05-10.50 <b>Body Balance</b> Studio 1	12.05-12.50 <b>Pilates</b> Studio 1 Junko	13.05-13.50 <b>Yoga</b> Studio 1 Bex	17.00-17.30 <b>Spin</b> Spin Studio Nadia	17.30-18.30 <b>Zumba</b> Studio 1 Wendoly	18.35-19.35 <b>Legs, Bums, and Tums</b> Studio 1 Nadia
<b>Tuesday</b>	07.30-08.00 <b>Sprint</b> Spin Studio	12.00-12.45 <b>Pilates</b> Studio 1 Nikki	13.05-14.00 <b>Total Body Conditioning</b> Studio 1 Rachel	17.05-18.05 <b>Legs, Bums, and Tums</b> Studio 1 Helen R	18.00-18.35 <b>Spin</b> Spin Studio Julia			
<b>Wednesday</b>	12.00-12.30 <b>Spin</b> Spin Studio Helen P	12.35-13.05 <b>Full Body Blast</b> Studio 1 Helen P	13.05-14.00 <b>Free Yoga</b> Studio 1 Silvia	17.10-17.55 <b>Pilates</b> Studio 1 Jo	18.00-19.00 <b>Total Body Conditioning</b> Studio 1 Nadia			
<b>Thursday</b>	12.30-13.00 <b>Spin</b> Spin Studio Tim	13.05-14.00 <b>Total Body Conditioning</b> Studio 1 Rachel	17.05-18.00 <b>Legs, Bums, and Tums</b> Studio 1 Zia	18.05-19.00 <b>Yoga</b> Studio 1 Melsia				
<b>Friday</b>	11.55-12.25 <b>Spin</b> Spin Studio Nikki	12.25-13.10 <b>Pilates</b> Studio 1 Nikki	13.15-14.00 <b>DanceFit</b> Studio 1 Jess	17.15-18.15 <b>Total Body Conditioning</b> Studio 1 Helen R				
<b>Saturday</b>	09.30-10.00 <b>Sprint</b> Spin Studio	10.00-10.55 <b>Total Body Conditioning</b> Studio 1 Rachel	11.00-11.55 <b>Zumba</b> Studio 1 Wendoly					
<b>Sunday</b>	09.30-10.30 <b>Yoga</b> Studio 1 Sue	10.45-11.30 <b>Body Combat</b> Studio 1	12.00-12.45 <b>Dance</b> Studio 1	13.05-13.50 <b>Body Attack</b> Studio 1				

**LES MILLS VIRTUAL**  
Over 20 new weekly virtual fitness classes now available.  
Scan the QR Code for a full timetable and to book.



- Relax and recover
- Spinning
- Cardio and conditioning
- Muscle toning

12322-06/24

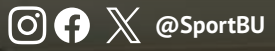
[www.bournemouth.ac.uk/sportbu/classes](http://www.bournemouth.ac.uk/sportbu/classes)

**BU**  
Bournemouth University

**SportBU**  
Weekly activity timetables  
2024-25



Available to book via the SportBU website or calling 01202 965012



# Campus Sport 2024-25 Talbot Campus

<b>Monday</b>	1-2pm <b>Badminton</b> Sports Hall	4-5:30pm <b>Badminton</b> Sports Hall						
<b>Tuesday</b>	12-2pm <b>Football</b> Chapel Gate	12-12:30pm <b>Running</b> Talbot Campus Courtyard	4-5:30pm <b>Netball</b> Sports Hall	5-6pm <b>Football</b> Astro pitches	5:45-7:15pm <b>Handball</b> Sports Hall	7-8pm <b>Boxing</b> Labs	8-9pm <b>Kickboxing</b> Labs	7:30-8:30pm <b>Basketball</b> Sports Hall
<b>Wednesday</b>	10am-4pm <b>11-a-side football</b> Chapel Gate	1:30-4:30pm <b>9-a-side Football</b> Chapel Gate	2-3:30pm <b>Tennis</b> Victoria Avenue	2-4pm <b>Netball</b> Chapel Gate	3.30-4.30pm <b>Women's 5-a-side football</b> Chapel Gate			
<b>Thursday</b>	12-2pm <b>Football</b> Chapel Gate	3-4:30pm <b>Netball</b> Sports Hall	6-7pm <b>Badminton</b> Sports Hall	7-9pm <b>Touch Rugby</b> Chapel Gate	7-8pm <b>Kickboxing</b> Labs	8-9pm <b>Karate</b> Labs	8-9pm <b>Intro to Fitness</b> S&C Suite	
<b>Friday</b>	1-2pm <b>Volleyball</b> Sports Hall							
<b>Saturday</b>	5:30-7pm <b>Basketball</b> Sports Hall							
<b>Sunday</b>	12-2pm <b>5-a-side football</b> Astro pitches	12-1pm <b>Basketball</b> Sports Hall	1-2pm <b>Badminton</b> Sports Hall	2-3:30pm <b>Volleyball</b> Sports Hall	2-6pm <b>Freshers 5s football</b> Astro pitches			

## Activity Type Descriptions

### Pay & Play Sport

- 1-hour weekly drop-in sessions
- Flexible, with no commitment required
- Beginner friendly and focussing on having fun!

### TeamBU Clubs

- Weekly 1.5-hour sessions with qualified coaches
- Structured training and occasional optional local fixtures
- Access to TeamBU kit, Strength & Conditioning, and injury support.

### Campus Courses

- Weekly 1-hour sessions with qualified instructors
- Annual, termly, and short courses
- Safe and inclusive environment to try something new.

### Campus Leagues

- Weekly fixtures with qualified referees and umpires
- Individual or team signups available
- Friendly competition open to all levels.

Book activities on Eventbrite

<b>Pay &amp; Play Sport</b>
<b>Campus Courses</b>
<b>Campus Leagues</b>
<b>TeamBU Clubs</b>