

# Campus Sport 2023 Talbot Campus

Monday	1-2pm <b>Badminton</b> Sports Hall	4-6pm <b>Badminton</b> Sports Hall	4.30-5.30pm <b>Table tennis</b> Studio 1	5-6pm <b>Fencing</b> Studio 2	8-9pm <b>Karate</b> Studio 2			
	4-6pm <b>Netball</b> Sports Hall	6-7pm <b>Pole fitness</b> Studio 2	6.30-7.30pm <b>Boxing</b> Studio 1	7-8pm <b>Pole fitness</b> Studio 2	7.30-8.30pm <b>Basketball</b> Sports Hall			
Tuesday	12-4pm <b>11-a-side football</b> Chapel Gate	12-2pm <b>Baseball</b> Wallisdown	2-6pm <b>5-a-side football</b> Astro Pitches	2-4pm <b>Netball</b> David English LC	2-4pm <b>Tennis</b> Victoria Avenue	2.30-4.30pm <b>Table tennis</b> Studio 1	4-6pm <b>Women's Football</b> Astro Pitches	6-7pm <b>Pole fitness</b> Studio 2
	5-6pm <b>Netball</b> Sports Hall	6-7pm <b>Badminton</b> Sports Hall	6-7pm <b>Powerlifting</b> Rees Suite	7-8pm <b>Karate</b> Studio 2	8-9pm <b>Kickboxing</b> Studio 2			
Wednesday	1-2pm <b>Volleyball</b> Sports Hall	8.30-10pm <b>Basketball</b> Sports Hall						
Thursday								
Friday								
Saturday								
Sunday	10am-4pm <b>5-a-side football</b> Astro pitches	1-3pm <b>Volleyball</b> Sports Hall	1-2pm <b>Squash</b> West Hants LC	2-4pm <b>Squash</b> West Hants LC	10am-4pm <b>Freshers 5's football</b> Astro pitches			

## New sports available for 2023:

Squash, Women's Football, Baseball and Kickboxing.

Email [campussport@bournemouth.ac.uk](mailto:campussport@bournemouth.ac.uk) for more details.

### Social Clubs

Led by student ambassadors. Social, fun and informal, Equivalent of £2 per session, for 1 hour.

### Campus Clubs

Led by professionally qualified coaches. Structured sessions, coaching and match play. Equivalent of £3 per session for 2 hours.

### Campus Courses

Led by professionally qualified Instructors. Progressive courses, learning new skills. Termly or annual options available, from equivalent of £4 per session

### Campus Leagues

Competitive, structured leagues, from as little as £2 per player per match. Termly or annual options available.

# BU

Bournemouth University

# SportBU

Weekly activity timetables 2023

## Fitness Classes and Campus Sports



Available to book via the SportBU website or calling 01202 965012

   @SportBU

[www.bournemouth.ac.uk/activity-finder](http://www.bournemouth.ac.uk/activity-finder)

# Group Fitness 2023 Talbot Campus

Monday	8-8.30am <b>Xpress spin</b> Spin Studio Helen P	12.30-1.25pm <b>Yogalates</b> Studio 2 Daphnee	1-1.55pm <b>Pump</b> Studio 1 Helen R	5-5.30pm <b>Xpress spin</b> Spin Studio Helen R	5.30-6.30pm <b>Zumba</b> Studio 1 Wendoly	6.30-7.30pm <b>Legs, bums, and tums</b> Studio 1 Nadia
	7.45-8.15am <b>FREE Xpress spin</b> Spin Studio Helen R	12-12.45pm <b>Pilates</b> Studio 1 Nikki	12.30-1pm <b>Xpress spin</b> Spin Studio Rachel	1-1.55pm <b>Pump</b> Studio 1 Rachel	5-5.55pm <b>Ladies that lift</b> Studio 1 Jasmine	5.15-5.45pm <b>Xpress spin</b> Spin Studio Rosie
Tuesday	12-12.30pm <b>Xpress spin</b> Spin Studio Helen P	12.30-1pm <b>Xpress abs and core</b> Studio 1 Helen P	1-1.55pm <b>FREE Yoga</b> Studio 1 Silvia	5.15-6.05pm <b>Legs, bums, and tums</b> Studio 1 Nikki	6.05-7pm <b>Pilates</b> Studio 1 Nikki	
	12-12.55pm <b>*Stretch and Recover</b> Studio 1 Jo	12.15-12.45pm <b>Oldschool spin</b> Spin Studio Vic	1-1.55pm <b>Pump</b> Studio 1 Rachel	5.15-6pm <b>HIIT</b> Studio 1 Simon	6-7pm <b>*Yoga</b> Studio 1 Melsia	
Wednesday	12-12.30pm <b>Xpress spin</b> Spin Studio Nikki	12.30-1.15pm <b>Pilates</b> Studio 1 Nikki	5.15-6.15pm <b>Legs, bums, and tums</b> Studio 1 Helen R			
	9.15-10am <b>Endurance spin</b> Spin Studio Rachel	10-11am <b>Pump</b> Studio 1 Rachel	11am-12pm <b>Zumba</b> Studio 1 Wendoly			
Thursday	9.30-10.30am <b>Yoga</b> Studio 1 Sue					

\*Free for any athlete who played a game the night before.

## New You: Group Personal Training

Six-week course from 18 January.  
Every Wednesday 6-7pm – only £48!

Visit SportBU Reception or call  
**01202 965012** for more details.

**HARDER.  
BETTER.  
FASTER.  
STRONGER.**

## Class descriptions

### Spin

From climbing hills to sprint finishes, get your heart racing with this high energy indoor cycling session!

### Yogalates

Mixing yoga and pilates. Yoga will increase your flexibility and reduce stiffness, and pilates will increase the strength of your core muscles.

### Zumba

An exciting fusion of interval training and dance influenced steps including salsa, merengue, and samba. Full of latin zest and fun for everyone!

### Legs, bums, and tums

It's in the name! Work your Legs, Bums, and Tums in this class.

### Ladies that lift

Ladies! This one's for you. This class focuses on weightlifting in a neutral environment, you got this!

### Yoga

A relaxing class that helps improve flexibility, posture and balance.

### HIIT

It stands for high intensity interval training. Exercise based on bursts of intense activity with short rest periods in-between.

### Pilates

This class concentrates on strengthening the body with an emphasis on postural alignment, flexibility and muscular balance.

### Xpress abs and core

A class which focuses on exercises to work the abdominal area and improve core strength.

### Pump

A full body high rep barbell class, workout to the beat of the music!

### Stretch and recover

A class aimed at improving flexibility through stretching, recovering, and unwinding from your sports game.

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