



Bournemouth University

# Welcome back!

# SportBU

<b>Monday</b>	12.30-1pm <b>Xpress Spin</b> Studio 1 Helen P	5-6pm <b>Zumba</b> Sports Hall Emma S		
	12-12.45pm <b>Pilates</b> Studio 1 Nikki S	1-1.55pm <b>Legs, Bums &amp; Tums</b> Sports Hall Rachel K		
<b>Tuesday</b>	12-12.30pm <b>Xpress Spin</b> Studio 1 Helen P	12.45-1.15pm <b>HIIT</b> Studio 1 Helen P	1.30-2.30pm <b>Yoga</b> Studio 1 Melsia	5.30-6.30pm <b>Legs, Bums &amp; Tums</b> Sports Hall Emma S
	12.30-1pm <b>Xpress Spin</b> Studio 1 Rachel K	1.15-1.45pm <b>Xpress Abs &amp; Core</b> Studio 1 Rachel K	5-6pm <b>Zumba</b> Sports Hall Rosie T	
<b>Wednesday</b>	8-8.30am <b>Xpress Spin</b> Studio 1 Rosie M	12-12.30pm <b>Xpress Spin</b> Studio 1 Nikki S	12.45-1.15pm <b>Xpress Abs &amp; Core</b> Studio 1 Nikki S	

<b>Saturday</b>	11.30-12am <b>Xpress Spin</b> Studio 1 Rachel K	12.15-12.45pm <b>Xpress Abs &amp; Core</b> Studio 1 Rachel K
	10.30-11.30am <b>Yoga</b> Studio 1 Sue P	



**Premium members book your place on the new Live Fitness Classes online or at reception**

Relax and Recover
Spinning
Cardio and Conditioning
Muscle Toning

Book at [www.bournemouth.ac.uk/join-sportbu](http://www.bournemouth.ac.uk/join-sportbu); via the iBU App or call 01202 965012