

B:ACTIVE

SOCIAL FITNESS AND SPORT
EXCLUSIVELY FOR STUDENTS.

B:Active is a programme of free group fitness and social sport sessions for students of all abilities. No membership required.

📷 @BRISTOLUNIBACTIVE

MON	TUES	WED	THUR	FRI	SAT	SUN
PILATES 12.00-12.45 MANOR HALL (JA)	YOGA 08.15-09.05 STUDIO 3 (MV)	PILATES 08.15-09.00 BSU (JA)	CARDIO TENNIS 12.15-13.00 COURTS (RS)	FUNCTIONAL FITNESS 08.00-09.00 STUDIO 3 (NT)	TENNIS SKILLS 11.30-13.00 WILLS COURTS (JB)	CARDIO TENNIS* 10.30-11.15 COURTS (JB)
PILATES 16.15-17.00 STUDIO 3 (JA)	PUNK ROCK AEROBICS 10.00-11.00 STUDIO 3 (CB)	FULL BODY FITNESS 08.30-09.30 HIATT BAKER (CD)	TENNIS FOR ALL 13.00-14.00 COURTS (RS)	YOGA 08.00-09.00 MANOR HALL (CG)	WOMEN ONLY SWIM 12.15-13.15 POOL - LANES	TENNIS FOR ALL 12.00-13.30 WILLS COURTS (SM)
KUNG FU FOR WELLBEING 18.30-19.30 STUDIO 3 (FF)	BARRE FITNESS 16.00-16.45 MANOR HALL (MC)	SWIM FOR FITNESS 09.00-11.00 POOL - LANES	PICKLEBALL 15.30-16.30 HIATT BAKER (JB)	PILATES 10.30-11.15 HIATT BAKER (MV)	LGBTQ+ SWIM 13.30-14.30 POOL - LANES	
	SOCIAL TENNIS 16.00-17.00 WILLS COURTS	BOXERCISE 12.00-13.00 HIATT BAKER (CD)	BOXERCISE 16.00-17.00 STUDIO 3 (CL)	HULA HOOP DANCE & TRICKS 12.00-13.00 STUDIO 3 (NT)		
	CARNIVAL FITNESS 18.00-19.00 HIATT BAKER (PILO)	SOCIAL SWIM 13.00-14.00 POOL	CARNIVAL FITNESS 18.00-19.00 MANOR HALL (PILO)	FITNESS PILATES 14.00-15.00 STUDIO 3 (MC)		
		NORDIC WALKING 14:00-15:00 THE DOWNS (KA)	TENNIS SKILLS 19.00-20.00 COURTS (WG)	SOCIAL TENNIS 16.00-17.00 GOLDNEY (DJ)		
		SWIM FOR FITNESS 18.00-19.00 POOL - LANES				
		CARNIVAL FITNESS 19.30-20.30 STUDIO 1 (PILO)				



SCAN TO BOOK



LOCATIONS & MEETING POINTS

STUDIO 1,2,3 / SPORTS HALL - Indoor Sport Centre (BS8 1TP)
 POOL - Swimming Pool, Bristol SU (BS8 1LN)
 BSU - Stephenson Room, Bristol SU (BS8 1LN)
 COURTS - Outdoor Courts, Coombe Dingle Sports Complex (BS9 2BJ)
 HIATT BAKER - Hiatt Baker Dining Hall (BS9 1AD)
 MANOR HALL - Great Hall, Manor Hall (BS8 1BU)
 WILLS COURTS - Wills Hall Tennis Courts 1&2 (BS9 1AE)
 GOLDNEY - Goldney Tennis Courts, entry via Constitution Hill (BS8 1BH)
 THE DOWNS - The Downs Café (BS9 1FG)

INSTRUCTORS

CLUB - Student Club | CB - Charlie Berg | CD - Craig Dark | CL - Claire Lewis |
 CG - Caroline Gill | DJ - Dan Jones | FF - Felix Flicker | JA - Jane Alker Stone |
 JB - Jamie Blunt | KA - Katie Atkins | MC - Marcia Coles | MV - Miri Volger |
 NT - Nati Tuppen | PILO - Piloxercise Instructor | RS - Ravi Sharda |
 RG - Robyn Galloway | SM - Seb Ma'Har | WG - Will Gordon

For swim sessions, all participants must be able to swim 25m and be confident at the deep end of the pool. We reserve the right to remove participants from sessions if we do not feel their swimming ability is safe.

*Sessions only available 21/4/24, 28/4/24, 5/5/24.