

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 28/04/2024

Times for Wednesday 9 October					
Time	Session	Facility	Instructor	Type	
12:15 - 13:00	Indoor Cycling - 45 mins	Indoor Cycling Room		Cardio	
12:30 - 13:30	Yoga	Martial Arts Room		Holistic	
13:00 - 13:45	Zumba	JSC Sports Hall		Cardio	
14:30 - 15:15	Pilates	Martial Arts Room		Holistic	
16:00 - 17:00	Yoga	Martial Arts Room		Holistic	
18:30 - 19:15	Indoor Cycling - 45 mins	Indoor Cycling Room		Cardio	
18:30 - 19:15	HIIT Circuit Class	Team Southampton Sports Hall		Cardio	