

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 27/04/2024

### Times for Thursday 10 October



Time	Session	Facility	Instructor	Type
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room		Cardio
17:15 - 18:00	Zumba	JSC Sports Hall		Cardio
18:15 - 19:00	Aqua Fit	Indoor Pool (25.0m)		Pool
18:15 - 19:15	Circuits	JSC Sports Hall		Cardio