


Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 07/05/2024

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	