

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 17/04/2024

Times for Friday 11 October



Time	Session	Facility	Instructor	Type
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room		Cardio
12:30 - 13:00	Fitness Pilates	JSC Sports Hall		Holistic
13:00 - 13:30	Total Stretch	JSC Sports Hall		Holistic