

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 17/05/2025

Times for Monday 14 October



Time	Session	Facility	Instructor	Type
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room		Cardio
13:00 - 13:30	Abs & Back	JSC Sports Hall		Conditioning
13:00 - 14:00	Yoga	Martial Arts Room		Holistic
13:30 - 14:00	Fitness Yoga	JSC Sports Hall		Conditioning
17:15 - 18:15	Body Pump	Team Southampton Sports Hall		Cardio
17:30 - 18:15	Indoor Cycling - 45 mins	Indoor Cycling Room		Cardio
17:30 - 18:15	Latin Fusion	JSC Sports Hall		Cardio
18:30 - 19:15	Aqua Zumba	Indoor Pool (25.0m)		Pool
18:30 - 19:15	Insanity/H I I T	Team Southampton Sports Hall		Cardio
18:30 - 19:30	Indoor Cycling - 60 mins	Indoor Cycling Room		Cardio