

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 03/05/2024

Times for Tuesday 15 October				
Time	Session	Facility	Instructor	Type
13:30 - 14:15	Pre-Natal Fitness	Martial Arts Room		Conditioning
16:30 - 17:15	Pilates	Martial Arts Room		Holistic
17:00 - 18:00	Strong Nation	JSC Sports Hall		Cardio