

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 17/05/2025

Times for Wednesday 16 October



Time	Session	Facility	Instructor	Type
12:15 - 13:00	Indoor Cycling - 45 mins	Indoor Cycling Room		Cardio
12:30 - 13:30	Yoga	Martial Arts Room		Holistic
13:00 - 13:45	Zumba (Cancelled)	JSC Sports Hall		Cardio
14:30 - 15:15	Pilates	Martial Arts Room		Holistic
16:00 - 17:00	Yoga	Martial Arts Room		Holistic
18:30 - 19:15	Indoor Cycling - 45 mins	Indoor Cycling Room		Cardio
18:30 - 19:15	HIIT Circuit Class	Team Southampton Sports Hall		Cardio