

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 03/05/2024

| Times for Friday 18 October |                             |                     |            |          |
|-----------------------------|-----------------------------|---------------------|------------|----------|
| Time                        | Session                     | Facility            | Instructor | Type     |
| 12:15 - 12:45               | Indoor Cycling - 30 mins    | Indoor Cycling Room |            | Cardio   |
| 12:30 - 13:00               | Fitness Pilates (Cancelled) | JSC Sports Hall     |            | Holistic |
| 13:00 - 13:30               | Total Stretch (Cancelled)   | JSC Sports Hall     |            | Holistic |