

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 23/04/2024

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