

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 06/05/2024

Times for Wednesday 19 February

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
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	Insanity/H I I T	Team Southampton Sports Hall		Cardio
19:00 - 20:00	Master Swim	Indoor Pool (25.0m)		Pool