## Fitness Classes (Highfield Campus) Jubilee Sports Centre

## Accurate as of 17/05/2024

| Times for Tuesday 26 May |                 |               |            |              |
|--------------------------|-----------------|---------------|------------|--------------|
| Time                     | Session         | Facility      | Instructor | Туре         |
| 12:00 - 12:30            | Isometric core  | Facebook Live | Stevie     | Conditioning |
| 17:00 - 17:30            | Cardio recovery | Facebook Live | Matt       | Cardio       |