

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 17/05/2024

| Times for Wednesday 27 May | | | | |
|----------------------------|-------------------|---------------|------------|----------|
| Time | Session | Facility | Instructor | Type |
| 12:00 - 12:30 | Pillow workout | Facebook Live | | Holistic |
| 17:00 - 17:55 | Aero conditioning | Facebook Live | | Cardio |