

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 19/04/2024

Times for Wednesday 3 June



| Time | Session | Facility | Instructor | Type |
|---------------|---------------------|---------------|------------|--------------|
| 08:30 - 09:00 | Foundation training | Facebook Live | Craig D | Conditioning |
| 17:00 - 17:55 | Aero conditioning | Facebook Live | | Cardio |