

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 20/04/2024

Times for Thursday 4 June



Time	Session	Facility	Instructor	Type
08:30 - 09:00	Beginner CV, Strength & Plyo	Facebook Live		Cardio
17:00 - 17:30	Core, Cardio and Balance	Facebook Live		Cardio