

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 19/04/2024

Times for Friday 5 June



| Time | Session | Facility | Instructor | Type |
|---------------|--------------|---------------|------------|--------|
| 08:30 - 09:00 | HIIT | Facebook Live | George H | Cardio |
| 17:00 - 17:55 | Star Circuit | Facebook Live | | Cardio |