

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 25/04/2024

Times for Thursday 25 April



Time	Session	Facility	Instructor	Type
07:30 - 08:00	Indoor Cycling - 30 mins	Squash Court		Cardio
12:15 - 12:45	Indoor Cycling - 30 mins	Squash Court		Cardio
12:15 - 12:45	Body Pump Express	Team Southampton Sports Hall		Cardio
12:30 - 13:00	Core Fitness	Mayflower Gym		Conditioning
13:00 - 13:30	Pilates Express	Team Southampton Sports Hall		Holistic
17:15 - 18:00	Zumba	JSC Sports Hall	Michela	Cardio
17:30 - 18:30	Pilates	Wide Lane Pavilion	Maxine	Holistic
18:15 - 19:00	Aqua Zumba	Indoor Pool (25.0m)	Michela	Pool
18:15 - 19:00	Circuits	JSC Sports Hall		Cardio
19:30 - 20:00	Total Workout	Mayflower Gym		Cardio