

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 06/05/2024

Times for Monday 29 April



Time	Session	Facility	Instructor	Type
12:00 - 12:45	Tai Chi	Martial Arts Room		Holistic
12:15 - 12:45	Indoor Cycling - 30 mins	Squash Court		Cardio
13:05 - 13:55	Yoga	Team Southampton Sports Hall	Adele	Holistic
17:15 - 18:00	Indoor Cycling - 45 mins	Squash Court		Cardio
17:15 - 18:15	Body Pump	Team Southampton Sports Hall		Cardio
17:30 - 18:15	Latin Fusion	JSC Sports Hall		Cardio
18:15 - 19:15	Indoor Cycling - 60 mins	Squash Court		Cardio
18:30 - 19:15	Aqua Zumba	Indoor Pool (25.0m)	Michela	Pool
19:30 - 20:00	RIG Class	Mayflower Gym		Conditioning