

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 30/06/2024

Times for Friday 5 July



Time	Session	Facility	Instructor	Type
12:15 - 12:45	Indoor Cycling - 30 mins	Squash Court		Cardio
12:30 - 13:00	Fitness Pilates	JSC Sports Hall	Maxine	Holistic
13:00 - 13:30	Total Stretch	JSC Sports Hall	Maxine	Holistic
17:00 - 17:45	Indoor Cycling - 45 mins	Squash Court		Cardio
19:30 - 20:00	HIIT	Mayflower Gym		Cardio