

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 23/11/2024

Times for Monday 18 November



| Time | Session | Facility | Instructor | Type |
|---------------|-------------------------------|---------------------|----------------|--------------|
| 07:00 - 07:40 | Virtual Les Mills The Trip | Indoor Cycling Room | Virtual Led | Cardio |
| 08:00 - 08:30 | Virtual Les Mills RPM | Indoor Cycling Room | Virtual Led | Cardio |
| 10:30 - 11:30 | Pilates | Studio 4 | Instructor Led | Holistic |
| 12:00 - 12:45 | Tai Chi | Studio 4 | Instructor Led | Holistic |
| 12:15 - 12:45 | Indoor Cycling - 30 mins | Indoor Cycling Room | Instructor Led | Cardio |
| 12:15 - 12:45 | L B T | Studio 1 | Instructor Led | Conditioning |
| 13:00 - 14:00 | Yoga | Studio 1 | Instructor Led | Holistic |
| 17:15 - 18:00 | Indoor Cycling - 45 mins | Indoor Cycling Room | Instructor Led | Cardio |
| 17:15 - 18:15 | Body Pump | Studio 1 | Instructor Led | Cardio |
| 17:30 - 18:15 | Virtual Les Mills Dance | Studio 4 | Virtual Led | Cardio |
| 18:15 - 19:15 | Indoor Cycling - 60 mins | Indoor Cycling Room | Instructor Led | Cardio |
| 18:30 - 19:15 | Virtual Les Mills Body Combat | Studio 4 | Virtual Led | Cardio |
| 19:30 - 20:00 | Virtual Les Mills Core | Studio 4 | Virtual Led | Conditioning |
| 19:30 - 20:00 | Indoor Cycling - 30 mins | Mayflower Gym | Instructor Led | Cardio |
| 20:30 - 21:00 | Virtual Les Mills Sprint | Indoor Cycling Room | Virtual Led | Cardio |