

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 23/11/2024

Times for Wednesday 20 November



Time	Session	Facility	Instructor	Type
07:30 - 08:00	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
08:30 - 09:00	Virtual Les Mill Body Attack	Studio 4	Virtual Led	Cardio
10:30 - 11:10	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
10:30 - 11:30	Pilates	Studio 4	Instructor Led	Holistic
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
12:15 - 12:45	Fitness Pilates	Studio 1	Instructor Led	Holistic
12:50 - 13:35	Virtual Les Mills Dance	Studio 1	Virtual Led	Cardio
13:30 - 14:30	Yoga	Studio 4	Instructor Led	Holistic
14:45 - 15:15	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
16:30 - 17:00	Virtual Les Mills Body Combat	Studio 4	Virtual Led	Cardio
17:30 - 18:30	Body Pump	Studio 1	Instructor Led	Cardio
17:30 - 18:30	Yoga	Studio 4	Instructor Led	Holistic
18:40 - 19:25	Les Mills Body Balance	Studio 1	Instructor Led	Holistic
19:00 - 19:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
19:30 - 20:00	HITT	Mayflower Gym	Instructor Led	Conditioning
20:00 - 20:30	Virtual Les Mills Sprint	Indoor Cycling Room	Virtual Led	Cardio