

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 23/11/2024

Times for Thursday 21 November				
Time	Session	Facility	Instructor	Type
07:30 - 08:00	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
08:15 - 08:45	Virtual Les Mills Core	Studio 4	Instructor Led	Conditioning
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
12:15 - 12:45	Virtual Les Mills Body Balance	Studio 4	Virtual Led	Holistic
12:30 - 13:00	Body Pump Express	Studio 1	Instructor Led	Cardio
13:10 - 13:40	Pilates Express	Studio 1	Instructor Led	Holistic
16:45 - 17:15	Virtual Les Mills RPM	Indoor Cycling Room	Instructor Led	Cardio
17:30 - 18:15	Virtual Les Mills Dance	Studio 1	Virtual Led	Cardio
17:30 - 18:30	Pilates	Studio 4	Instructor Led	Holistic
18:15 - 19:00	Virtual Les Mills Body Combat	Studio 1	Virtual Led	Cardio
19:15 - 20:00	Circuits	Studio 1	Instructor Led	Cardio
19:30 - 20:00	Indoor Cycling - 30 mins	Mayflower Gym	Instructor Led	Cardio
20:30 - 21:10	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio