

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 22/11/2024

Times for Friday 22 November



Time	Session	Facility	Instructor	Type
07:00 - 07:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
08:00 - 08:30	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
12:30 - 13:00	Fitness Pilates	Studio 1	Instructor Led	Holistic
13:00 - 13:30	Total Stretch	Studio 1	Instructor Led	Holistic
17:00 - 17:45	Indoor Cycling - 45 mins	Indoor Cycling Room	Instructor Led	Cardio
17:00 - 18:00	Yoga	Studio 1	Instructor Led	Holistic
18:00 - 18:30	Virtual Les Mills Sh:Bam	Studio 4	Virtual Led	Cardio
19:00 - 19:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
19:30 - 20:00	HIIT	Mayflower Gym	Instructor Led	Cardio