

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 22/11/2024

Times for Saturday 23 November



Time	Session	Facility	Instructor	Type
07:15 - 07:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
09:15 - 10:00	Virtual Les Mills Sh:Bam	Studio 4	Virtual Led	Cardio
09:30 - 10:10	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
10:00 - 11:00	Yoga	Studio 1	Instructor Led	Holistic
10:10 - 10:55	Core Body	Studio 4	Instructor Led	Conditioning
11:00 - 11:45	Les Mills Body Combat	Studio 4	Instructor Led	Cardio
14:45 - 15:15	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
16:30 - 17:15	Virtual Les Mills Sh:Bam	Studio 4	Virtual Led	Cardio
17:30 - 18:00	Virtual Les Mill Body Attack	Studio 4	Virtual Led	Cardio
18:15 - 18:45	Virtual Les Mills Body Balance	Studio 4	Virtual Led	Holistic
19:00 - 19:40	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio