

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 22/11/2024

### Times for Sunday 24 November



Time	Session	Facility	Instructor	Type
08:45 - 09:15	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
09:30 - 10:00	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
09:30 - 10:10	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
10:30 - 11:15	Virtual Les Mills Dance	Studio 4	Virtual Led	Cardio
17:00 - 17:45	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
18:00 - 18:30	Virtual Les Mills Body Combat	Studio 4	Virtual Led	Cardio
18:45 - 19:15	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