

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 22/11/2024

Times for Monday 25 November



Time	Session	Facility	Instructor	Type
07:00 - 07:40	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
08:00 - 08:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
10:30 - 11:30	Pilates	Studio 4	Instructor Led	Holistic
12:00 - 12:45	Tai Chi	Studio 4	Instructor Led	Holistic
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
12:15 - 12:45	L B T	Studio 1	Instructor Led	Conditioning
13:00 - 14:00	Yoga	Studio 1	Instructor Led	Holistic
17:15 - 18:00	Indoor Cycling - 45 mins	Indoor Cycling Room	Instructor Led	Cardio
17:15 - 18:15	Body Pump	Studio 1	Instructor Led	Cardio
17:30 - 18:15	Latin Fusion	Studio 4	Instructor Led	Cardio
18:15 - 19:15	Indoor Cycling - 60 mins	Indoor Cycling Room	Instructor Led	Cardio
18:30 - 19:15	Aqua Fit	Indoor Pool (25.0m)	Instructor Led	Pool
18:30 - 19:15	Virtual Les Mills Body Combat	Studio 4	Virtual Led	Cardio
19:30 - 20:00	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
19:30 - 20:00	Indoor Cycling - 30 mins	Mayflower Gym	Instructor Led	Cardio
20:30 - 21:00	Virtual Les Mills Sprint	Indoor Cycling Room	Virtual Led	Cardio