

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 22/11/2024

Times for Tuesday 26 November



Time	Session	Facility	Instructor	Type
07:30 - 08:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
08:00 - 08:30	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
10:30 - 11:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
12:00 - 12:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
12:15 - 12:45	Core Fitness	Studio 1	Instructor Led	Conditioning
12:45 - 13:15	Total Stretch	Studio 1	Instructor Led	Holistic
13:00 - 13:30	Virtual Les Mills Dance	Studio 4	Virtual Led	Cardio
17:00 - 17:45	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
17:15 - 18:00	Les Mills Body Combat	Studio 1	Instructor Led	Cardio
17:30 - 18:30	Pilates	Wide Lane Pavilion	Instructor Led	Holistic
18:15 - 19:00	Circuits	Studio 1	Instructor Led	Cardio
18:40 - 19:40	Yoga	Wide Lane Pavilion	Instructor Led	Holistic
19:15 - 20:15	Body Pump	Studio 1	Instructor Led	Cardio
19:30 - 20:00	Core Fitness	Mayflower Gym	Instructor Led	Conditioning
20:30 - 21:00	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio