


# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 18/05/2024

Times for Friday 2 December					
Time	Session	Facility	Instructor	Type	
12:15 - 12:45	Indoor Cycling - 30 mins	Squash Court		Cardio	
12:30 - 13:00	Fitness Pilates	JSC Sports Hall	Maxine	Holistic	
13:00 - 13:30	Total Stretch	JSC Sports Hall	Maxine	Holistic	
17:00 - 17:45	Indoor Cycling - 45 mins	Squash Court		Cardio	