

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 25/04/2024

Times for Wednesday 24 April



Time	Session	Facility	Instructor	Type
07:30 - 08:00	Indoor Cycling - 30 mins	Squash Court		Cardio
12:15 - 12:45	Fitness Pilates	JSC Sports Hall	Maxine	Holistic
12:30 - 13:00	Total Workout	Mayflower Gym		Cardio
12:50 - 13:35	Zumba	JSC Sports Hall	Michela	Cardio
13:00 - 13:45	Indoor Cycling - 45 mins	Squash Court		Cardio
13:30 - 14:30	Yoga	Martial Arts Room		Holistic
17:10 - 17:55	Tai Chi	Martial Arts Room		Holistic
17:15 - 18:15	Body Pump	Team Southampton Sports Hall		Cardio
18:30 - 19:15	Indoor Cycling - 45 mins	Squash Court		Cardio
19:30 - 20:00	HIIT	Mayflower Gym		Cardio