

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 18/05/2024

Times for Tuesday 7 May



Time	Session	Facility	Instructor	Type
07:30 - 08:00	Indoor Cycling - 30 mins	Squash Court		Cardio
12:15 - 12:30	Stretch Bite	Fitness Suite		Conditioning
12:15 - 12:45	Core Fitness	JSC Sports Hall	Maxine	Conditioning
12:30 - 13:00	Total Workout	Mayflower Gym		Cardio
12:45 - 13:15	Total Stretch	JSC Sports Hall	Maxine	Holistic
17:00 - 18:00	Strong Nation	JSC Sports Hall	Michela	Cardio
17:30 - 18:30	Pilates	Wide Lane Pavilion	Maxine	Holistic
18:15 - 19:00	Circuits	JSC Sports Hall		Cardio
18:40 - 19:40	Yoga	Wide Lane Pavilion	Adele	Holistic
19:30 - 20:00	Core Fitness	Mayflower Gym		Conditioning