

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 18/05/2024

Times for Thursday 9 May



| Time | Session | Facility | Instructor | Type |
|---------------|---------------------------|------------------------------|------------|--------------|
| 07:30 - 08:00 | Indoor Cycling - 30 mins | Squash Court | | Cardio |
| 12:15 - 12:45 | Indoor Cycling - 30 mins | Squash Court | | Cardio |
| 12:15 - 12:45 | Body Pump Express | Team Southampton Sports Hall | | Cardio |
| 12:30 - 13:00 | Core Fitness | Mayflower Gym | | Conditioning |
| 13:00 - 13:30 | Pilates Express | Team Southampton Sports Hall | | Holistic |
| 16:30 - 17:00 | Fortify Strength Workshop | Fitness Suite | | Gym Session |
| 17:15 - 18:00 | Zumba | JSC Sports Hall | Michela | Cardio |
| 17:30 - 18:30 | Pilates | Wide Lane Pavilion | Maxine | Holistic |
| 18:15 - 19:00 | Aqua Zumba | Indoor Pool (25.0m) | Michela | Pool |
| 18:15 - 19:00 | Circuits | JSC Sports Hall | | Cardio |
| 19:30 - 20:00 | Total Workout | Mayflower Gym | | Cardio |