

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 08/12/2025

Times for Wednesday 12 November



| Time | Session | Facility | Instructor | Type |
|---------------|-------------------------------|---------------------|----------------|----------|
| 07:30 - 08:00 | Virtual Les Mills RPM | Indoor Cycling Room | Virtual Led | Cardio |
| 08:30 - 09:00 | Virtual Les Mill Body Attack | Studio 4 | Virtual Led | Cardio |
| 10:30 - 11:10 | Virtual Les Mills The Trip | Indoor Cycling Room | Virtual Led | Cardio |
| 10:30 - 11:30 | Pilates | Studio 4 | Instructor Led | Holistic |
| 12:15 - 12:45 | Indoor Cycling - 30 mins | Indoor Cycling Room | Instructor Led | Cardio |
| 12:15 - 12:45 | Fitness Pilates | Studio 1 | Instructor Led | Holistic |
| 12:50 - 13:35 | Zumba | Studio 1 | Instructor Led | Cardio |
| 13:30 - 14:30 | Yoga | Studio 4 | Instructor Led | Holistic |
| 14:00 - 14:30 | Virtual Les Mills RPM | Indoor Cycling Room | Virtual Led | Cardio |
| 16:30 - 17:00 | Virtual Les Mills Body Combat | Studio 4 | Virtual Led | Cardio |
| 16:45 - 17:15 | Step Aerobics | Studio 1 | Instructor Led | Cardio |
| 17:30 - 18:30 | Body Pump | Studio 1 | Instructor Led | Cardio |
| 17:30 - 18:30 | Yoga | Studio 4 | Instructor Led | Holistic |
| 18:40 - 19:25 | Les Mills Body Balance | Studio 1 | Instructor Led | Holistic |
| 19:00 - 19:45 | Indoor Cycling - 45 mins | Indoor Cycling Room | Instructor Led | Cardio |
| 19:00 - 20:00 | Pilates | Studio 4 | Instructor Led | Holistic |
| 20:30 - 21:00 | Virtual Les Mills Sprint | Indoor Cycling Room | Virtual Led | Cardio |