

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 09/12/2025

### Times for Saturday 15 November



Time	Session	Facility	Instructor	Type
07:15 - 07:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
09:00 - 09:45	Virtual Zumba	Studio 1	Virtual Led	Cardio
09:15 - 09:55	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
09:15 - 10:00	Dance Aerobics	Studio 4	Instructor Led	Cardio
10:00 - 11:00	Yoga	Studio 1	Instructor Led	Holistic
10:10 - 10:55	Core Body	Studio 4	Instructor Led	Conditioning
11:10 - 11:55	Virtual Les Mills Body Combat	Studio 4	Virtual Led	Cardio
14:45 - 15:15	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
16:30 - 17:15	Virtual Les Mills Sh:Bam	Studio 4	Virtual Led	Cardio
17:30 - 18:00	Virtual Les Mill Body Attack	Studio 4	Virtual Led	Cardio
18:15 - 18:45	Virtual Les Mills Body Balance	Studio 4	Virtual Led	Holistic
19:00 - 19:40	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio