

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 09/12/2025

### Times for Sunday 16 November



Time	Session	Facility	Instructor	Type
08:45 - 09:15	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
09:15 - 10:00	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
09:15 - 10:00	Virtual Les Mills Dance	Studio 1	Virtual Led	Cardio
09:20 - 09:50	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
10:00 - 11:00	Yoga	Studio 4	Instructor Led	Holistic
10:15 - 11:00	Virtual Les Mills Core	Studio 1	Virtual Led	Conditioning
17:00 - 17:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
18:45 - 19:15	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