

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 15/06/2026

### Times for Monday 25 May



Time	Session	Facility	Instructor	Type
08:15 - 08:45	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
08:30 - 09:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
12:15 - 12:45	Glutes Legs & Core	Studio 1	Instructor Led	Conditioning
13:00 - 14:00	Yoga	Studio 1	Instructor Led	Holistic
17:15 - 18:00	Indoor Cycling - 45 mins	Indoor Cycling Room	Instructor Led	Cardio
17:15 - 18:15	Virtual Les Mills Body Pump	Studio 1	Virtual Led	Conditioning
18:15 - 19:15	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
18:45 - 19:30	Hyrox	Studio 1	Instructor Led	Cardio