

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 15/06/2026

Times for Friday 29 May



| Time | Session | Facility | Instructor | Type |
|---------------|----------------------------|---------------------|----------------|--------------|
| 07:15 - 07:45 | Virtual Les Mills RPM | Indoor Cycling Room | Virtual Led | Cardio |
| 08:00 - 08:30 | Virtual Les Mills Core | Studio 4 | Virtual Led | Conditioning |
| 12:15 - 12:45 | Indoor Cycling - 30 mins | Indoor Cycling Room | Instructor Led | Cardio |
| 12:30 - 13:00 | Fitness Pilates | Studio 1 | Instructor Led | Holistic |
| 13:00 - 13:30 | CIRCL Mobility | Studio 1 | Instructor Led | Holistic |
| 17:00 - 17:45 | Virtual Les Mills The Trip | Indoor Cycling Room | Virtual Led | Cardio |
| 17:00 - 18:00 | Yoga | Studio 1 | Instructor Led | Holistic |
| 18:00 - 18:30 | Virtual Les Mills Sh:Bam | Studio 4 | Virtual Led | Cardio |
| 19:00 - 19:30 | Virtual Les Mills RPM | Indoor Cycling Room | Virtual Led | Cardio |