

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 24/06/2026

Times for Thursday 25 June



Time	Session	Facility	Instructor	Type
07:30 - 08:00	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
08:00 - 08:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
08:15 - 08:45	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
09:00 - 09:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
09:00 - 10:00	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
10:00 - 10:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
11:00 - 11:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
12:15 - 12:45	Virtual Les Mills Body Balance	Studio 4	Virtual Led	Holistic
12:30 - 13:00	Body Pump Express	Studio 1	Instructor Led	Cardio
13:00 - 13:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
13:15 - 13:45	Pilates Flow	Studio 1	Instructor Led	Holistic
14:00 - 14:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
15:00 - 15:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
16:45 - 17:15	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
17:00 - 18:00	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
17:15 - 18:00	Zumba	Studio 1	Instructor Led	Cardio
18:00 - 18:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
18:15 - 19:00	Pilates	Studio 1	Instructor Led	Holistic
18:15 - 19:00	Virtual Les Mills Body Combat	Studio 4	Virtual Led	Cardio
19:00 - 19:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio

Time	Session	Facility	Instructor	Type
19:15 - 20:00	Hyrox	Studio 1	Instructor Led	Cardio
20:30 - 21:10	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio