

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 24/06/2026

Times for Sunday 28 June



Time	Session	Facility	Instructor	Type
08:00 - 09:00	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
08:45 - 09:15	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
09:00 - 09:45	Virtual Zumba	Studio 1	Virtual Led	Cardio
09:15 - 10:00	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
09:20 - 09:50	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
10:00 - 11:00	Yoga	Studio 1	Instructor Led	Holistic
10:15 - 11:00	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
12:00 - 13:00	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
17:00 - 17:45	Indoor Cycling - 45 mins	Indoor Cycling Room	Instructor Led	Cardio
18:30 - 19:30	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
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