

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 24/06/2026

### Times for Monday 29 June



Time	Session	Facility	Instructor	Type
07:15 - 07:55	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
07:30 - 08:30	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
07:45 - 08:15	Virtual Les Mills Core Beginner	Studio 4	Virtual Led	Conditioning
08:00 - 08:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
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
09:00 - 09:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
10:00 - 10:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
10:30 - 11:30	Pilates	Studio 1	Instructor Led	Holistic
11:00 - 11:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
12:00 - 12:45	Tai Chi	Studio 4	Instructor Led	Holistic
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 - 13:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
13:00 - 14:00	Yoga	Studio 1	Instructor Led	Holistic
13:15 - 14:15	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
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
16:00 - 16:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
17:15 - 18:00	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Type</b>
17:15 - 18:15	Body Pump	Studio 1	Instructor Led	Cardio
17:30 - 18:15	Latin Fusion	Studio 4	Instructor Led	Cardio
18:30 - 19:15	Body Conditioning	Studio 4	Instructor Led	Conditioning
18:45 - 19:30	Hyrox	Studio 1	Not Instructor Led	Cardio
19:00 - 19:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
19:30 - 20:00	Virtual Les Mills Core	Studio 4	Virtual Led	Conditioning
20:30 - 21:00	Virtual Les Mills Sprint	Indoor Cycling Room	Virtual Led	Cardio