

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 24/06/2026

### Times for Tuesday 30 June



Time	Session	Facility	Instructor	Type
07:30 - 08:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
07:30 - 08:30	Yoga	Studio 4	Instructor Led	Holistic
07:30 - 08:30	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
10:30 - 11:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
11:00 - 11:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
12:00 - 12:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
12:00 - 13:00	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
12:15 - 12:45	Outrace 360	Studio 4	Instructor Led	Conditioning
12:15 - 12:45	Pilates - Core Strength	Studio 1	Instructor Led	Holistic
12:45 - 13:15	Pilates - Stretch	Studio 1	Instructor Led	Holistic
13:15 - 13:30	Sound Bath	Studio 1	Instructor Led	Holistic
13:15 - 14:00	Kick Fit	Studio 4	Instructor Led	Cardio
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
17:00 - 17:45	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
17:00 - 17:45	Pilates - Intermediate	Studio 1	Instructor Led	Holistic
17:00 - 18:00	Instructor Led Gym	Strength & Conditioning Suite	Instructor Led	Conditioning
17:15 - 18:15	Pilates - Staff & Community	Wide Lane Pavilion	Instructor Led	Holistic
17:30 - 18:15	Les Mills Body Balance	Studio 4	Instructor Led	Holistic
18:00 - 18:45	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>
18:15 - 18:30	Sound Bath	Studio 4	Instructor Led	Holistic
18:15 - 19:00	Full Body Shred	Studio 1	Instructor Led	Cardio
18:40 - 19:40	Yoga Staff & Community	Wide Lane Pavilion	Instructor Led	Holistic
19:00 - 19:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
19:15 - 20:15	Body Pump	Studio 1	Instructor Led	Cardio
20:30 - 21:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio