

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 29/07/2026

Times for Tuesday 21 July				
Time	Session	Facility	Instructor	Type
07:30 - 08:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
07:30 - 08:30	Yoga with Meditation	Studio 4	Instructor Led	Holistic
12:15 - 12:45	Outrace 360	Studio 4	Instructor Led	Conditioning
12:15 - 12:45	Pilates - Core Strength	Studio 1	Instructor Led	Holistic
12:15 - 13:00	Kick Fit	Studio 3	Instructor Led	Cardio
12:45 - 13:15	Pilates - Stretch	Studio 1	Instructor Led	Holistic
13:15 - 13:30	Sound Bath	Studio 1	Instructor Led	Holistic
17:00 - 17:45	Pilates - Intermediate	Studio 1	Instructor Led	Holistic
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
18:15 - 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
19:15 - 20:15	Body Pump	Studio 1	Instructor Led	Cardio