

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 29/07/2026

Times for Sunday 26 July				
Time	Session	Facility	Instructor	Type
09:00 - 09:45	Virtual Zumba	Studio 1	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	Core & Tone	Studio 4	Instructor Led	Conditioning
17:00 - 17:45	Indoor Cycling - 45 mins	Indoor Cycling Room	Instructor Led	Cardio
18:45 - 19:15	Virtual Les Mills Body Balance	Studio 4	Virtual Led	Holistic