

# Fitness Classes (Highfield Campus)

## Jubilee Sports Centre

Accurate as of 11/09/2026

| Times for Sunday 13 September |                                |                     |                |              |
|-------------------------------|--------------------------------|---------------------|----------------|--------------|
| Time                          | Session                        | Facility            | Instructor     | Type         |
| 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 with Meditation           | Studio 1            | Instructor Led | Holistic     |
| 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     |
| 19:00 - 19:40                 | Virtual Les Mills The Trip     | Indoor Cycling Room | Virtual Led    | Cardio       |