

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 26/09/2026

Times for Saturday 26 September				
Time	Session	Facility	Instructor	Type
07:15 - 07:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
08:30 - 09:30	Kinstretch	Studio 1	Instructor Led	Conditioning
09:15 - 09:55	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
10:00 - 11:00	Yoga	Studio 1	Instructor Led	Holistic
10:15 - 11:00	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
10:15 - 11:00	Core & Tone	Studio 4	Instructor Led	Conditioning
19:00 - 19:40	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio