

Fitness Classes (Highfield Campus)

Jubilee Sports Centre

Accurate as of 26/09/2026

Times for Sunday 27 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
10:00 - 11:00	Yoga with Meditation	Studio 1	Instructor Led	Holistic
19:00 - 19:40	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio