Fitness Classes (Highfield Campus)

Jubilee Sport & Recreation Centre

Accurate as of 06/11/2026

Times for Friday 6 November

Time	Session	Facility	Instructor	Type
07:15 - 07:45	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
08:00 - 08:45	Pilates - Intermediate	Studio 1	Instructor Led	Holistic
09:00 - 09:45	Pilates Flow	Studio 1	Instructor Led	Holistic
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
12:30 - 13:00	Fitness Pilates	Studio 1	Instructor Led	Holistic
13:00 - 13:30	CIRCL Mobility	Studio 1	Instructor Led	Holistic
17:00 - 17:45	Indoor Cycling - 45 mins	Indoor Cycling Room	Instructor Led	Cardio
17:00 - 18:00	Yoga	Studio 1	Instructor Led	Holistic
19:00 - 19:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio