Fitness Classes (Highfield Campus)

Jubilee Sport & Recreation Centre

Accurate as of 06/11/2026

Times for Saturday 7 November

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
11:15 - 12:00	Virtual Les Mills Body Combat	Studio 1	Virtual Led	Cardio
14:45 - 15:15	Virtual Les Mills Core	Studio 1	Virtual Led	Conditioning
17:45 - 18:15	Virtual Les Mill Body Attack	Studio 1	Virtual Led	Cardio
18:15 - 18:45	Virtual Les Mills Body Balance	Studio 1	Virtual Led	Holistic
19:00 - 19:40	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio