Fitness Classes (Highfield Campus)

Jubilee Sport & Recreation Centre

Accurate as of 06/11/2026

Times for Sunday 8 November

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
18:45 - 19:15	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