Fitness Classes (Highfield Campus)

Jubilee Sport & Recreation Centre

Accurate as of 06/11/2026

Times for Monday 9 November

Time	Session	Facility	Instructor	Type
07:15 - 07:55	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
07:45 - 08:15	Virtual Les Mills Core Beginner	Studio 1	Virtual Led	Conditioning
08:00 - 08:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
08:15 - 08:45	Virtual Les Mills Core	Studio 1	Virtual Led	Conditioning
10:30 - 11:30	Pilates	Studio 1	Instructor Led	Holistic
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
12:15 - 12:45	Glutes Legs & Core	Studio 1	Instructor Led	Conditioning
13:00 - 14:00	Yoga	Studio 1	Instructor Led	Holistic
16:00 - 17:00	Yoga	Studio 1	Instructor Led	Holistic
17:15 - 18:00	Indoor Cycling - 45 mins	Indoor Cycling Room	Instructor Led	Cardio
17:15 - 18:15	Body Pump	Studio 1	Instructor Led	Cardio
18:30 - 19:15	Body Conditioning	Studio 4	Instructor Led	Conditioning
18:45 - 19:30	Hyrox	Studio 1	Instructor Led	Cardio