Fitness Classes (Highfield Campus)

Jubilee Sport & Recreation Centre

Accurate as of 06/11/2026

Times for Tuesday 10 November

Time	Session	Facility	Instructor	Type
07:30 - 08:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
10:30 - 11:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
12:00 - 12:45	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
12:15 - 12:45	Outrace 360	Studio 1	Instructor Led	Conditioning
12:15 - 13:00	Kick Fit	Studio 3	Instructor Led	Cardio
14:00 - 14:45	Les Mills Body Balance	Studio 1	Instructor Led	Holistic
16:30 - 17:15	Pilates - Intermediate	Studio 1	Instructor Led	Holistic
17:00 - 17:45	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
17:15 - 18:15	Pilates - Staff & Community	Wide Lane Pavilion	Instructor Led	Holistic
17:30 - 18:15	Les Mills Body Balance	Studio 1	Instructor Led	Holistic
18:15 - 18:30	Sound Bath	Studio 1	Instructor Led	Holistic
18:40 - 19:40	Yoga Staff & Community	Wide Lane Pavilion	Instructor Led	Holistic
19:15 - 20:15	Body Pump	Studio 1	Instructor Led	Cardio
20:30 - 21:00	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio