Fitness Classes (Highfield Campus)

Jubilee Sport & Recreation Centre

Accurate as of 06/11/2026

Times for Wednesday 11 November

Time	Session	Facility	Instructor	Type
07:30 - 08:00	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
10:30 - 11:10	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio
12:00 - 12:30	Fitness Pilates	Studio 1	Instructor Led	Holistic
12:35 - 13:20	Zumba	Studio 1	Instructor Led	Cardio
13:30 - 14:30	Yoga	Studio 1	Instructor Led	Holistic
14:00 - 14:30	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
17:00 - 17:45	Indoor Cycling - 45 mins	Indoor Cycling Room	Instructor Led	Cardio
17:00 - 18:00	Yoga	Studio 1	Instructor Led	Holistic
18:15 - 19:15	Body Pump	Studio 1	Instructor Led	Cardio
19:30 - 20:30	Pilates	Studio 1	Instructor Led	Holistic
20:30 - 21:00	Virtual Les Mills Sprint	Indoor Cycling Room	Virtual Led	Cardio