Fitness Classes (Highfield Campus)

Jubilee Sport & Recreation Centre

Accurate as of 06/11/2026

Times for Thursday 12 November

Time	Session	Facility	Instructor	Type
07:30 - 08:00	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
08:00 - 08:45	Kick Fit	Studio 3	Instructor Led	Cardio
08:15 - 08:45	Virtual Les Mills Core	Studio 1	Virtual Led	Conditioning
12:15 - 12:45	Indoor Cycling - 30 mins	Indoor Cycling Room	Instructor Led	Cardio
12:30 - 13:00	Body Pump Express	Studio 1	Instructor Led	Cardio
13:15 - 13:45	Pilates Flow	Studio 1	Instructor Led	Holistic
13:45 - 14:00	Sound Bath	Studio 1	Instructor Led	Holistic
16:00 - 16:45	Pilates - Stretch	Studio 1	Instructor Led	Holistic
16:45 - 17:15	Virtual Les Mills RPM	Indoor Cycling Room	Virtual Led	Cardio
17:15 - 18:00	Zumba	Studio 1	Instructor Led	Cardio
18:15 - 19:00	Pilates	Studio 1	Instructor Led	Holistic
19:15 - 20:00	Hyrox	Studio 1	Instructor Led	Cardio
20:30 - 21:10	Virtual Les Mills The Trip	Indoor Cycling Room	Virtual Led	Cardio