### Monday
- **Indoor Cycling 30mins**
  - ICR: 12:15-12:45
- **Total Tone**
  - JSH: 12:15-12:45
- **Yoga**
  - MA: 13:00-14:00
- **Body Pump**
  - TSH: 17:15-18:15
- **Latin Fusion**
  - JSH: 17:30-18:15
- **Indoor Cycling 45mins**
  - ICR: 12:15-13:15
- **Indoor Cycling 45mins**
  - MFS: 17:30-18:15
- **Aqua Aerobics**
  - SP: 18:30-19:15
- **Insanity**
  - TSH: 18:30-19:15
- **Indoor Cycling 60mins**
  - ICR: 18:30-19:30
- **Express HIIT**
  - MFS: 18:30-19:00

### Tuesday
- **Core Fitness**
  - JSH: 12:15-13:00
- **Zumba**
  - MFS: 12:15-13:00
- **Indoor Cycling 45mins**
  - ICR: 12:30-13:15
- **Express HIIT**
  - MFS: 13:15-13:45
- **Pre-Natal Fitness**
  - MA: 13:30-14:15
- **Pilates**
  - MA: 16:30-17:15
- **STRONG by Zumba**
  - JSH: 17:00-18:00
- **Pilates**
  - MA: 17:30-18:30
- **Circuits**
  - JSH: 18:15-19:00
- **Express HIIT**
  - MFS: 18:15-18:45

### Wednesday
- **Indoor Cycling 30mins**
  - ICR: 07:30-08:00
- **Indoor Cycling 30mins**
  - MFS: 08:00-08:30
- **Core Fitness**
  - MFS: 12:15-12:45
- **Indoor Cycling 45mins**
  - ICR: 12:15-13:00
- **Core Fitness**
  - MFS: 12:15-12:45
- **Indoor Cycling 45mins**
  - ICR: 12:15-13:15
- **Yoga**
  - MA: 12:30-13:30
- **Zumba**
  - JSH: 13:00-13:45
- **Pilates**
  - MA: 14:45-15:30
- **Body Pump**
  - TSH: 17:15-18:15
- **Express HIIT**
  - MFS: 18:15-18:45
- **Aquafit**
  - SP: 18:30-19:30

### Thursday
- **Indoor Cycling 30mins**
  - ICR: 07:30-08:00
- **Indoor Cycling 30mins**
  - MFS: 08:00-08:30
- **Core Fitness**
  - MFS: 12:15-12:45
- **Indoor Cycling 30mins**
  - ICR: 12:15-12:45
- **Pilates**
  - MA: 12:15-12:30
- **L.B.T.**
  - JSH: 13:10-13:40
- **Express HIIT**
  - MFS: 13:15-13:45
- **Zumba**
  - JSH: 17:00-18:00
- **Indoor Cycling 45mins**
  - MFS: 18:00-18:45

### Friday
- **Indoor Cycling 30mins**
  - ICR: 07:30-08:00
- **Indoor Cycling 30mins**
  - ICR: 12:15-12:45
- **Core Fitness**
  - MFS: 12:15-12:45
- **Fitness Pilates**
  - JSH: 12:15-12:30
- **Total Balance**
  - JSH: 13:00-13:30
- **Indoor Cycling 30mins**
  - ICR: 18:30-19:00
- **Swimfit**
  - SP: 18:30-19:30

### Saturday
- **Zumba**
  - JSH: 07:30-08:00
- **L.B.T.**
  - JSH: 10:15-11:00

### Class Types
- **Base Line**
- **High Intensity**
- **Mind and Body**
- **Water Workout**

### Locations
- **Jubilee Sports Centre**
  - JSH: Jubilee Sports Hall
  - ICR: Indoor Cycling Room
  - SP: Swimming Pool
- **SUSU (Highfield Campus)**
  - TSH: Team Southampton Hall
  - MA: Martial Arts Studio
  - Mayflower Gym

All classes need to be booked in advance at the Jubilee Sports Centre or Mayflower Gym, or via the online booking system.
Baseline Classes
These classes are suitable for all. They work on improving and maintaining participants fitness levels.

- Aerobics
- Latin Fusion
- Core Fitness
- Pre-Natal Fitness
- Express Step
- Total Tone
- L.B.T

High Intensity Classes
These cardiovascular workouts are challenging and intense. They are great fat burners and will improve overall stamina.

- Body Pump
- STRONG by Zumba
- Express HIIT
- Zumba
- Circuits

Mind and Body Classes
These workouts are for the mind and body, concentrating on muscular movements using breathing patterns and paying attention to form and alignment, improving the flexibility of the muscles. Suitable for all participants.

- Fitness Pilates
- Total Balance
- Pilates
- Yoga

Water Workout
Classes based in the Swimming Pool.

- Aquafit
- Swimfit
- Aqua Aerobics

Full class descriptions can be found on our website at www.southampton.ac.uk/sportandwellbeing/activities/classes.page

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Important Information
Please note timetables are subject to change.
Up to date class and closure information can be found on our online timetables at www.southampton.ac.uk/sportandwellbeing and on the MySouthampton, GymJam and SwimIO Apps. Please note that not all classes will run outside of term time.

We recommend you check the timetable online before attending a class.

Classes must be paid for before attending. Failure to attend a pre-booked slot without notifying us in advance will result in a fine of £5.00.

Please ensure you arrive on time for your class. Participants arriving late may be turned away if they have missed the warm up.
Please bring a towel and a bottle of water to class.

Extra Classes
As part of our partnership with Active Nation, Student and Staff Peak Performer, Frequent Fitness and Workout Central members can access some of the classes at Active Nation. More information about the classes available, and how to access these, can be found on our website.