### Thursday
- **Indoor Cycling 30mins**
  - 07:30 - 08:00
  - ICR
- **Indoor Cycling 30mins**
  - 08:00 - 08:30
  - MFS
- **Core Fitness**
  - 12:15 - 12:45
  - MFS
- **Indoor Cycling 45mins**
  - 12:15 - 13:15
  - ICR
- **Yoga**
  - 12:45 - 13:30
  - MA
- **Pilates**
  - 12:15 - 13:00
  - JSH
- **Fitness Pilates**
  - 12:15 - 13:00
  - MA
- **Express HIIT**
  - 13:10 - 13:40
  - MFS
- **Zumba**
  - 13:10 - 13:40
  - JSH
- **Total Balance**
  - 13:00 - 13:30
  - JSH
- **Indoor Cycling 30mins**
  - 13:30 - 14:00
  - ICR
- **Indoor Cycling 45mins**
  - 13:30 - 14:30
  - MFS
- **Exhibition**
  - 13:30 - 14:15
  - JSH

### Friday
- **Indoor Cycling 30mins**
  - 07:30 - 08:00
  - ICR
- **Indoor Cycling 30mins**
  - 08:00 - 08:45
  - MFS
- **Core Fitness**
  - 12:15 - 12:45
  - MFS
- **Indoor Cycling 45mins**
  - 12:15 - 13:15
  - ICR
- **Pilates**
  - 12:15 - 13:00
  - JSH
- **Fitness Pilates**
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- **Express HIIT**
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  - MFS
- **Zumba**
  - 13:10 - 13:40
  - JSH
- **Total Balance**
  - 13:00 - 13:30
  - JSH
- **Indoor Cycling 30mins**
  - 13:30 - 14:00
  - ICR
- **Indoor Cycling 45mins**
  - 13:30 - 14:30
  - MFS
- **Exhibition**
  - 13:30 - 14:15
  - JSH

### Saturday
- **Zumba**
  - 10:15 - 11:00
  - JSH
- **L.B.T.**
  - 11:00 - 11:45
  - JSH

### 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
- **Mayflower Studio**

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All classes need to be booked in advance at the Jubilee Sports Centre or Mayflower Gym, or via the online booking system.

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](http://www.southampton.ac.uk/sportandwellbeing) and on the MySouthampton, GymJam and SwimIO Apps.
**Baseline Classes**
These classes are suitable for all. They work on improving and maintaining participants fitness levels.

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

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

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

**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
- Pilates
- Total Balance
- Yoga

**Water Workout**
Classes based in the Swimming Pool.

- Aquafit
- Aqua Aerobics
- Swimfit

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

**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.

**Prices**

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Price: Off Peak</th>
<th>Price: Peak (16:00-20:00)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peak Performer</td>
<td>Included in membership</td>
<td>Included in membership</td>
</tr>
<tr>
<td>Frequent Fitness</td>
<td>Included in membership</td>
<td>£5.00</td>
</tr>
<tr>
<td>Workout Central (Mayflower Classes)</td>
<td>Included in membership</td>
<td>Included in membership</td>
</tr>
<tr>
<td>Workout Central (Jubilee and SUSU classes), Sports Pass and PAYG</td>
<td>£5.00</td>
<td>£5.00</td>
</tr>
</tbody>
</table>

**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.