


FITNESS AND DANCE CLASSES

2 November to 18 December



Try our 30-minute  
express classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<div>Express</div> <div></div> <div>8am Oli</div>	<div>Express</div> <div>Yoga </div> <div>8am Monica</div>	<div>Express</div> <div>Circuits </div> <div>8am John</div>			
<div></div> <div>9.15am Gavin</div>		<div>Express</div> <div>Ab Attack </div> <div>9.15am Laetitia</div>		<div>Totally Shredded</div> <div>9.15am Gavin</div>	<div></div> <div>10am Naomi</div>	<div>Hatha Yoga</div> <div>11am Liz R</div>
<div>Box Fit</div> <div>10.30am Kealy</div>	<div>Dance Mix</div> <div>10.30am Kealy</div>	<div>Body Blast</div> <div>10.30am John</div>	<div></div> <div>10.30am Jeni</div>	<div>Legs, Bums and Tums</div> <div>10.30am John</div>	<div></div> <div>11.30am Hayley</div>	<div></div> <div>3.30pm Laetitia</div>
<div>Vinyasa Yoga</div> <div>12pm Annette</div>	<div>Stretch, Tone and Relax</div> <div>12pm Jeni</div>	<div>Box Fit</div> <div>12pm Gavin</div>	<div>Power Pilates</div> <div>12pm Ebrina</div>	<div></div> <div>12pm Oli</div>		
<div>Express</div> <div>Ab Attack </div> <div>3.30pm Laetitia</div>		<div>Express</div> <div></div> <div>3.30pm Chris</div>				
<div></div> <div>5pm Jeni</div>	<div>Totally Shredded</div> <div>5pm Gavin</div>	<div></div> <div>5pm Sarah</div>	<div>Yogalates</div> <div>5pm Kealy</div>	<div>Hiit and Abs</div> <div>5pm Kealy</div>		
<div>Legs, Bums and Tums</div> <div>6.15pm Laetitia</div>	<div></div> <div>6.15pm John</div>	<div></div> <div>6.15pm Emma</div>	<div>Legs, Bums and Tums</div> <div>6.15pm Liz</div>	<div>Express</div> <div></div> <div>6.15pm Ben</div>		
<div>Circuits</div> <div>7.30pm Del</div>	<div>Body Blast</div> <div>7.30pm Laetitia</div>	<div>Pure Pilates</div> <div>7.30pm Liz</div>	<div>Box Fit</div> <div>7.30pm Gavin</div>	<div></div> <div>8pm Sarah</div>		

Classes and instructors are subject to change. Follow UniKentSports on social media for class updates. Free for Premium Plus and Premium members.