

OUTDOOR FITNESS AND DANCE CLASSES

12 April to 16 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 11am Gavin	Dance Mix 11am Kealy/Jeni	Circuits 11am Laetitia	Body Blast 11am John	Totally Shredded 11am Gavin
Boxfit 12pm Gavin	Stretch, Tone and Relax 12pm Kealy/Jeni	Legs, Bums and Tums 12pm Laetitia	 12pm Jeni	Social Walk 12pm Charlie
		Social Run 12pm Charlie		 12pm Oli
 4.15pm Team	Body Blast 4.15pm Team	 4.30pm Team	Boxfit 4.15pm Kealy	Legs, Bums and Tums 4.30pm Team
Legs, Bums and Tums 5.15pm Team	Social Walk 5.15pm Billy		Social Run 5.15pm Billy	
Social Run 5.15pm Karen				

All outdoor classes, running and walking sessions are restricted to a maximum of 5 members per class. Online booking is required for all sessions. All sessions are free for Premium Plus and Premium members.

All outdoor classes will be held outside at The Pavilion so please bring warm clothing. Running and Walking sessions start at The Pavilion reception. Additional cleaning has been implemented for the safety of staff and members.

Classes and instructors are subject to change and may be cancelled in the event of inclement weather.

Follow UniKentSports on social media for class updates.

