

FITNESS AND DANCE CLASSES

20 September to 10 December


 Try our 30-minute *express* classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Express SPINNING 8am Oli	new Express Mobility and Stretch 8am Chris	new Express Get Up and Glow 8am Jeni	Express SPINNING 8am Ben	new Express Tabata 8am Laetitia	parkrun (at The Pavilion) 9am	
Vinyasa Yoga 12.10pm Annette	new Pilates, Bands and Balls 12.10pm Kealy	new Strength and Conditioning 12.10pm Laetitia	Power Pilates 12.10pm Ebrina	LES MILLS BODYPUMP 12.10pm Oli	LES MILLS BODYPUMP 10am Naomi	Yoga 11am Daniela
Body Blast 1.15pm Kealy	ZUMBA fitness 1.15pm Jeni	new Express Hiitstep 1.15pm Sarah	Express Legs, Bums and Tums 1.15pm John	Stretch, Tone and Relax 1.15pm Jeni	ZUMBA fitness 11.30am Hayley	Express SPINNING 12.30pm Laetitia
LES MILLS BODYPUMP 2.15pm Sarah	Tai Chi 2.15pm Tuan		Boxfit 2.15pm Sarah	new Express Dance Cardio 2.15pm Kealy		
		Ab Attack 4.45pm John		Express Ab Attack 4.45pm Kealy		
new Dance Funk 5.30pm Jeni	new Express Tabata 5.30pm Laetitia	LES MILLS BODYPUMP 5.30pm Oli	new Barre Fit 5.30pm Kealy	Express Shred Max 5.30pm Sarah		
Pure Pilates 6.30pm Hayley	LES MILLS BODYPUMP 6.30pm Naomi	ZUMBA fitness 6.30pm Emma	Circuits 6.30pm Laetitia	Yoga 6.15pm Monica		
Boxfit 7.30pm Sarah	SPINNING 7.30pm John	Legs, Bums and Tums 7.30pm Liz	Pure Pilates 7.30pm Liz			

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