

# FITNESS AND DANCE CLASSES


20 June to 22 July\*



Try our 30-minute *express* classes

## MONDAY

*Express* **Legs, Bums and Tums**   
1.15pm Kealy


  
5.30pm Jeni

**Pure Pilates**  
6.30pm Hayley


## TUESDAY

**Mobility and Stretch**  
8am Chris

**Pure Pilates**  
12.10pm Kealy

  
6.30pm Naomi


## WEDNESDAY

*Express*    
8am Sarah

**This Girl Can**  
(in the gym)  
2pm Laetitia

**Dance Funk**  
6.30pm Hayley/Jeni

## THURSDAY



  
12.10pm Sarah

**Barre Fit**  
5.30pm Kealy

**Circuits**  
6.30pm Laetitia

## FRIDAY

**Boxfit**  
12.10pm Sarah

*Express*    
1.15pm Laetitia

**Power Pilates**  
5.30pm Kealy

## SATURDAY

**parkrun**  
(at The Pavilion)  
9am

## SUNDAY

**This Girl Can**  
(in the gym)  
3pm Team

**\*Lambeth temporary closure**

Due to the Lambeth Conference, classes will not be available to members between Monday 25 July and Tuesday 9 August. The class timetable will start again from Wednesday 10 August.

Visit our Vimeo channel <https://vimeo.com/kentsport> to find our library of online classes.

**This Girl Can Lift**

Our popular female-only sessions in the gym will continue throughout the summer vacation period.



Classes are bookable through your online account at [kent.ac.uk/sports/classes](https://kent.ac.uk/sports/classes).

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