





**This Girl Can** 

(in the gym)

Team

3pm

parkrun

(at The Pavilion)

9am

#### **MONDAY**

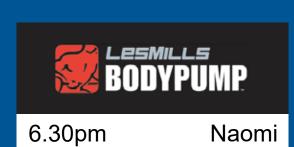






# **TUESDAY**

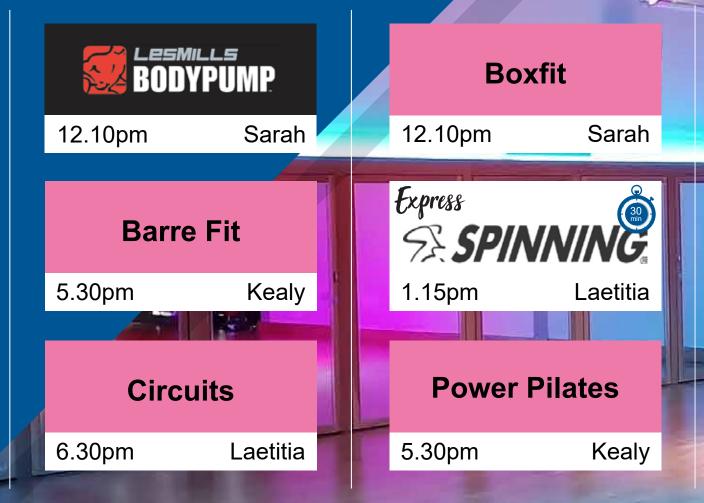




## WEDNESDAY



### **THURSDAY**



FRIDAY

#### \*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.

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

