

# FITNESS AND DANCE CLASSES

10 October to 16 December

Try our 30-minute *Express* classes

## MONDAY

*Express* **SPINNING**  
8am Oli

**Vinyasa Yoga**  
12.15pm Annette

**LES MILLS BODYPUMP**  
1.15pm Sarah

**Tai Chi**  
2.15pm Tuan

**ZUMBA fitness**  
5.30pm Jeni

**Pure Pilates**  
6.30pm Hayley

**Boxfit**  
7.30pm Sarah

## TUESDAY

*Express* **Mobility and Stretch**  
8am Team

**Dance Mix**  
12.15pm Kealy

**Pilates Bands and Balls**  
1.15pm Kealy

*Express* **Ab Attack**  
4.45pm Laetitia

**BOOYAKA**  
5.30pm Jeni

**LES MILLS BODYPUMP**  
6.30pm Naomi

*Express* **SPINNING**  
7.30pm Laetitia

## WEDNESDAY

*Express* **SPINNING**  
8am Sarah

**Pure Pilates**  
12.15pm Hayley

**Strength and Conditioning**  
1.15pm Toby

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

**LES MILLS BODYPUMP**  
5.30pm Oli

**ZUMBA fitness**  
6.30pm Emma/Hayley

**Legs, Bums and Tums**  
7.30pm Team

## THURSDAY

*Express* **Hiitsteps**  
8am Sarah

**Boxfit**  
12.15pm Sarah

**Legs, Bums and Tums**  
1.15pm Laetitia

*Express* **Ab Attack**  
4.45pm Kealy

**Barre Fit**  
5.30pm Kealy

**Circuits**  
6.30pm Laetitia

**Power Pilates**  
7.30pm Liz

## FRIDAY

*Express* **Circuits**  
8am Laetitia

**LES MILLS BODYPUMP**  
12.15pm Naomi

**Stretch, Tone and Relax**  
1.15pm Jeni

*Express* **Shred Max**  
5.30pm Sarah

**Yoga**  
6.15pm Monica

## SATURDAY

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

**LES MILLS BODYPUMP**  
10am Naomi

**ZUMBA fitness**  
11.30am Hayley

## SUNDAY

**Yoga**  
11am Daniela

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

*Express* **SPINNING**  
3.30pm Team



Classes are bookable through your online account at [kent.ac.uk/sports/classes](http://kent.ac.uk/sports/classes). Please make sure you review the class etiquette.

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