

VIRTUAL INSTRUCTOR CLASSES

30 JANUARY TO 7 APRIL

Presented on our big-screen projector in the Dance Studio, join top Les Mills instructors from across the world in 12 exciting programmes with our new **Les Mills Virtual Instructor Classes**.

Book and cancel all classes through your online account at kent.ac.uk/sports/classes.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS BODYBALANCE 9am 30'	LES MILLS BODYCOMBAT 9am 45'	LES MILLS GRIT CARDIO 8am 30'	LES MILLS BODYBALANCE 7.30am 30'	LES MILLS THE TRIP 7.30am 45'	LES MILLS GRIT CARDIO 12.30pm 30'	LES MILLS CORE 12.30pm 30'
LES MILLS BODYCOMBAT 10am 45'	LES MILLS BODYATTACK 2.30pm 45'	LES MILLS BODYPUMP 9am 55'	LES MILLS GRIT STRENGTH 9am 30'	LES MILLS BODYATTACK 9am 45'	LES MILLS BODYATTACK 2pm 45'	LES MILLS barre 1.15pm 30'
LES MILLS SH'BAM 3.30pm 45'	LES MILLS CORE 3.30pm 30'	LES MILLS CORE 10am 30'	LES MILLS RPM 10am 50'	LES MILLS BODYBALANCE 10am 30'	LES MILLS SH'BAM 3pm 45'	LES MILLS BODYCOMBAT 2pm 45'
LES MILLS GRIT ATHLETIC 4.30pm 30'	LES MILLS SH'BAM 7.30pm 45'	LES MILLS THE TRIP 2.30pm 45'	LES MILLS BODYPUMP 2.30pm 55'	LES MILLS BODYCOMBAT 2.30pm 45'	LES MILLS BODYBALANCE 4.15pm 20'	
		LES MILLS barre 4pm 30'	LES MILLS CORE 4pm 30'	LES MILLS SH'BAM 4pm 45'		
		LES MILLS BODYBALANCE 7.30pm 30'	LES MILLS sprint 7.30pm 30'	LES MILLS barre 7.30pm 30'		

MORE OPTIONS...

Fancy something different? Check out our in-person instructor class timetable.

We offer 60 in-person and virtual instructor classes each week, meaning you're bound to find something that will get you moving!

See kent.ac.uk/sports/classes for the full timetable.

Please make sure you review the class etiquette online. No instructor or staff member will be present – ensure you arrive early to set up your own exercise station. If you are a complete beginner you are advised to attend a physical class prior to attending our virtual 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.