



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.

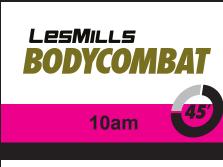
Book and cancel all classes through your online account at kent.ac.uk/sports/classes.





MONDAY









TUESDAY



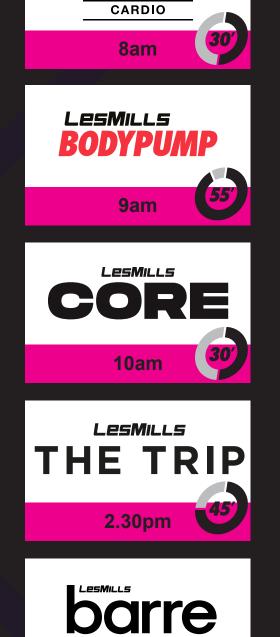
SH'BAM

7.30pm

45'

WEDNESDAY

GRIT



LesMills

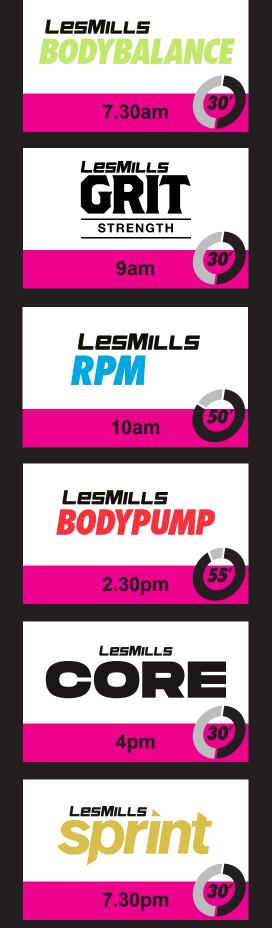
BODYBALANCE

7.30pm

30'

30'

THURSDAY



FRIDAY



LesMills

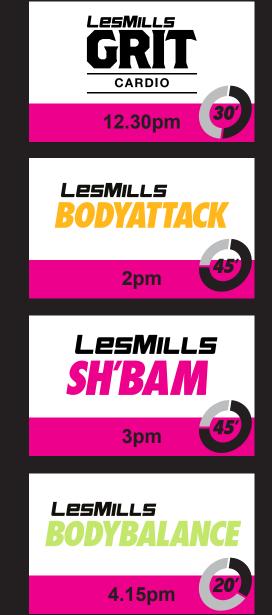
SH'BAM

4pm

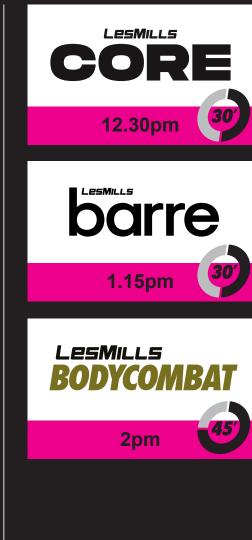
barre

7.30pm

SATURDAY



SUNDAY



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.

