

# IN-PERSON INSTRUCTOR CLASSES

## 8 MAY TO 18 JUNE

Bank holiday: Kent Sport facilities will be open from 10am to 4pm on Monday 8 May.



Try our 30-minute express classes



Book and cancel all classes through your online account at [kent.ac.uk/sports/classes](https://kent.ac.uk/sports/classes)

### MONDAY

<b>Indoor Cycling</b>
8am Jim 30'
<b>Vinyasa Yoga</b>
12.15pm Annette 45'
<b>LES MILLS BODYPUMP</b>
1.15pm Annette 50'
<b>ZUMBA fitness</b>
5.30pm Jeni 50'
<b>Pure Pilates</b>
6.30pm Hayley 45'
<b>Boxfit</b>
7.30pm Team 45'

### TUESDAY

<b>Mobility and Stretch</b>
8am Jade 30'
<b>Body Blast</b>
12.15pm Kealy 45'
<b>This Girl Can Kettlebell</b>
1pm Laetitia 60'
<b>Pilates, Bands, and Balls</b>
1.15pm Kealy 45'
<b>BOOMBAKA</b>
5.30pm Jeni 45'
<b>LES MILLS BODYPUMP</b>
6.30pm Naomi 50'

### WEDNESDAY

<b>Everyday Athletes (in the gym)</b>
10am Harry 60'
<b>Cardio Tennis</b>
11am Nick 60'
<b>Pure Pilates</b>
12.15pm Hayley 45'
<b>Legs, Bums, and Tums</b>
5.30pm Hayley 45'
<b>ZUMBA fitness</b>
6.30pm Emma 50'
<b>Indoor Cycling</b>
7.30pm Jim 45'

### THURSDAY

<b>Legs, Bums, and Tums</b>
1.15pm Laetitia 45'
<b>Everyday Athletes (in the gym)</b>
2pm Harry 60'
<b>Barre Fit</b>
5.30pm Kealy 45'
<b>Power Pilates</b>
6.30pm Kealy 45'

### FRIDAY

<b>Everyday Athletes (in the gym)</b>
7.30am Harry 60'
<b>LES MILLS BODYPUMP</b>
12.15pm Naomi 50'
<b>Tai Chi</b>
1.15pm Tuan 45'
<b>Yoga</b>
5.30pm Monica 45'
<b>This Girl Can Kettlebell</b>
5.30pm Laetitia 60'

### SATURDAY

<b>parkrun</b>
9am
<b>LES MILLS BODYPUMP</b>
10am Naomi 50'
<b>ZUMBA fitness</b>
11.30am Hayley 50'

### SUNDAY

<b>Yoga</b>
11am Daniela 45'
<b>SPINNING</b>
3.30pm Laetitia 30'



Fancy something different?  
Check out our virtual instructor class timetable.

We offer over 50 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](https://kent.ac.uk/sports/classes) for the full timetable.

- FREE! Book Exam Calm classes through your account
- Group Exercise sessions at The Pavilion

Please make sure you review the class etiquette online. 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.