

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.

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

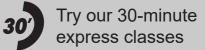


FREE! Book Exam Calm classes through your account

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.





University of SPORT