

VIRTUAL INSTRUCTOR CLASSES

8 MAY TO 18 JUNE

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 **Les Mills Virtual Instructor Classes**.

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



Exam Calm: All Virtual Instructor classes are free for everyone! Book through your online account

MONDAY

LES MILLS
BODYBALANCE

9am
Virtual

45'

LES MILLS
BODYCOMBAT

10am
Virtual

45'

LES MILLS
BODYATTACK

2.30pm
Virtual

45'

LES MILLS
CORE

4.30pm
Virtual

30'

TUESDAY

LES MILLS
CORE

9am
Virtual

30'

LES MILLS
barre

10am
Virtual

30'

LES MILLS
SH'BAM

2.30pm
Virtual

45'

LES MILLS
BODYCOMBAT

7.30pm
Virtual

45'

WEDNESDAY

LES MILLS
BODYCOMBAT

7.30am
Virtual

45'

LES MILLS
BODYATTACK

9am
Virtual

45'

LES MILLS
THE TRIP

1.15pm
Virtual

45'

LES MILLS
barre

4.30pm
Virtual

30'

THURSDAY

LES MILLS
SH'BAM

7.30am
Virtual

45'

LES MILLS
BODYBALANCE

9am
Virtual

45'

LES MILLS
RPM

12.15pm
Virtual

50'

LES MILLS
sprint

7.30pm
Virtual

30'

FRIDAY

LES MILLS
THE TRIP

7.30am
Virtual

45'

LES MILLS
RPM

10am
Virtual

50'

LES MILLS
CORE

4pm
Virtual

30'

LES MILLS
SH'BAM

6.30pm
Virtual

45'

SATURDAY

LES MILLS
sprint

12.30pm
Virtual

30'

LES MILLS
BODYATTACK

2pm
Virtual

45'

LES MILLS
SH'BAM

3pm
Virtual

45'

LES MILLS
BODYBALANCE

4pm
Virtual

45'

SUNDAY

LES MILLS
CORE

12.15pm
Virtual

30'

LES MILLS
barre

1pm
Virtual

30'

LES MILLS
BODYCOMBAT

2pm
Virtual

45'

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

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.