

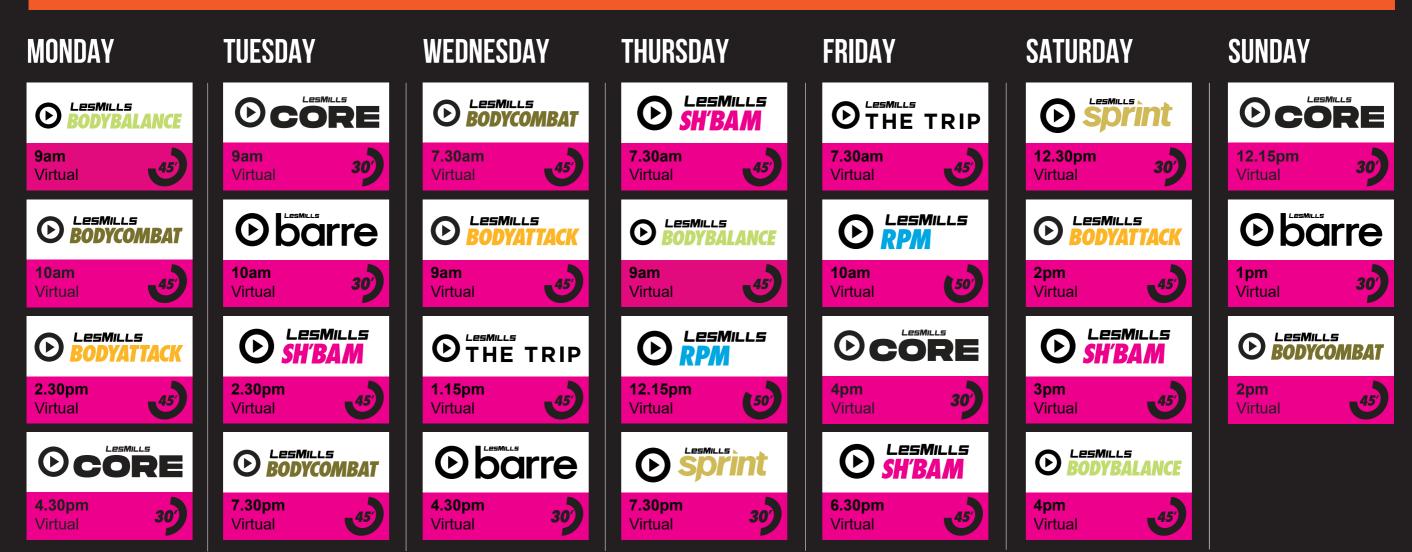
## VIRTUAL INSTRUCTOR CLASSES 8 MAY TO 18 JUNE

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



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.

