## IN-PERSON INSTRUCTOR CLASSES
**19 June to 24 September**

Bank holiday: Kent Sport facilities will be closed on Monday 28 August.

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

### Try our 30-minute express 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.

### Monday
- **Yogalates**
  - 12.15pm Naomi

- **LesMills BODYPUMP**
  - 12.15pm Kealy

- **Kettlebell** (in the gym)
  - 1pm Laetitia

- **Pure Pilates**
  - 12.15pm Hayley

- **Circuits**
  - 1.15pm Chris

- **LesMills BODYPUMP**
  - 5.30pm Naomi

- **Yogalates**
  - 5.30pm Hayley

- **LesMills BODYPUMP**
  - 6.30pm Naomi

- **Indoor Cycling**
  - 6.30pm Oli/Jim

### Tuesday
- **LesMills BODYPUMP**
  - 10am Jeni

- **Cardio Tennis**
  - 11am Nick

- **Pure Pilates**
  - 12.15pm Hayley

- **LesMills BODYPUMP**
  - 12.15pm Naomi

- **Yogalates**
  - 1.15pm Naomi

- **Legs, Bums, and Tums**
  - 2pm Harry

- **LesMills BODYPUMP**
  - 5.30pm Kealy

- **Power Pilates**
  - 6.30pm Kealy

- **Kettlebell** (in the gym)
  - 5.30pm Laetitia

### Wednesday
- **Beginners Lifting** (in the gym)
  - 10am Harry

- **Legs, Bums, and Tums**
  - 1.15pm Laetitia

### Thursday
- **Beginners Lifting** (in the gym)
  - 7.30am Harry

- **Stretch, Tone, and Relax**
  - 1.15pm Jeni

- **Tai Chi**
  - 2pm Tuan

- **Yoga**
  - 5.30pm Monica

- **Boxfit**
  - 6.30pm Sarah

### Friday
- **Parkrun**
  - 9am

- **Tai Chi**
  - 1.15pm Jeni

- **Yoga**
  - 11.30am Hayley

### Saturday
- **Yoga**
  - 11am Daniela

### Sunday
- **Yoga**
  - 3pm Laetitia