# Virtual Instructor Classes

**25 September to 10 December**

## Monday
- 8.45am: Virtual BodyBalance
- 10am: Virtual Barre
- 11am: Virtual BodyAttack
- 2.15pm: Virtual RPM

## Tuesday
- 7.45am: Virtual BodyCombat
- 8.45am: Virtual Barre
- 4.30pm: Virtual BodyAttack
- 7.30pm: Virtual

## Wednesday
- 9am: Virtual Core
- 10am: Virtual ShBam
- 2.15pm: Virtual The Trip
- 3.30pm: Virtual BodyAttack
- 4.30pm: Virtual

## Thursday
- 8.45am: Virtual Sprint
- 9.45am: Virtual BodyCombat
- 10am: Virtual BodyAttack
- 2.15pm: Virtual BodyCombat
- 7.30pm: Virtual RPM

## Friday
- 7.30am: Virtual The Trip
- 8.30am: Virtual RPM
- 10am: Virtual BodyBalance
- 3.30pm: Virtual BodyAttack
- 7.30pm: Virtual

## Saturday
- 12.30pm: Virtual Sprint
- 2pm: Virtual Barre

## Sunday
- 12pm: Virtual The Trip
- 1pm: Virtual ShBam
- 2pm: Virtual Core
- 3.45pm: Virtual BodyBalance

[Book online at kent.ac.uk/sports/classes](kent.ac.uk/sports/classes)